

The heart is delicate. And so is the care we give it.

Since 1980, *Florida Hospital Memorial Medical Center* has performed more cardiac catheterizations than any other hospital in Volusia County. And studies have proven the more procedures you do, the better outcomes for patients.

From angioplasty to open-heart surgery to cardiac rehab, the experienced staff at *Florida Hospital Memorial Medical Center* has nearly three decades of experience in helping people with heart problems. High-tech diagnostics can mean finding the problem faster. Innovative procedures can mean fixing it better. Our cardiac resources do both.

Join us for healthy and informative seminars this February and discover what you can do to lower your family's chance of developing heart disease. After all, we're just a heartbeat away.



2010 Heart Smart Educational Series



FLORIDA HOSPITAL
MEMORIAL MEDICAL CENTER

Friday, February 5 | 11 a.m.

Women And Heart Disease—Heart disease is the #1 killer of American women, claiming more than 500,000 lives a year. **Beth Bartholomew, MD**, board-certified in cardiovascular disease, interventional cardiology and internal medicine, will speak about how you can prevent, detect and treat your biggest health risk and lead a healthier lifestyle. Join us afterward for our signature “Go Red” photo.

Friday, February 12 | 2 p.m.

Ask The Heart Doctor—Do you ever wonder when you should see a cardiologist? Or, do you have questions about heart disease or heart attacks but aren't sure where to turn? **Dinesh Arab, MD**, board-certified in cardiovascular disease, interventional cardiology and internal medicine, will discuss medical breakthroughs, including tests used to diagnose heart disease, cardiac conditions and various treatment options.

Friday, February 19 | 2 p.m.

Heart Healthy Recipes You'll Fall In Love With—When it comes to keeping your heart healthy, your diet is critical. Join **Sue Lutz**, registered/licensed dietitian, and **Christopher Ghalayini**, executive chef, *Florida Hospital Memorial Medical Center*, as they help you discover a healthier relationship with food and fall in love with heart-healthy cooking tips. Scrumptious samples provided.

Friday, February 26 | 2 p.m.

Coronary Artery Disease—Whether you've already had a heart attack, want to reduce your risk of developing heart problems or are simply interested in enhancing your health, **Ashraf Elsagr, MD**, board-certified in cardiovascular disease, will discuss the basics of heart disease, heart attack symptoms and why getting treatment within the first two hours of an attack can minimize damage to heart muscle.

RSVP Today! 866.671.4660

All seminars will be held in Classroom A, *Florida Hospital Memorial Medical Center Medical Office Building*,
305 Memorial Medical Parkway, Daytona Beach, 32117.



**FLORIDA HOSPITAL
MEMORIAL MEDICAL CENTER**

A Christian mission of hope, health and healing.

301 Memorial Medical Parkway, Daytona Beach, FL 32117

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