



PRESS RELEASE

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HOLY REDEEMER HEALTH SYSTEM GOES RED IN FEBRUARY

(MEADOWBROOK, PA) – Studies have shown that only 13 percent of women identify cardiovascular disease as the greatest health problem facing women today. And with next month being National Heart Month, Holy Redeemer Health System is focusing on increasing that percentage by supporting the American Heart Association’s Go Red for Women campaign on February 1 and holding a Women and Heart Disease event on February 20.

Heart disease is the number one killer of American women. Nearly twice as many women in the United States die of cardiovascular disease, which includes heart disease and stroke, than from all forms of cancer combined. And 38 percent of women who have heart attacks die within a year, compared to 25 percent of men.

The American Heart Association’s Go Red for Women campaign is dedicated to helping women fight back against heart disease. Holy Redeemer is joining the fight, and on February 1, will invite its employees to wear red and donate \$5 to the cause. The health system is also sponsoring the Women and Heart Disease event, open to the community. Dr. Kouros Ghahilili, a Holy Redeemer cardiothoracic surgeon, will discuss the risk factors, symptoms, and the latest in detecting and treating heart disease.

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Says Dr. Ghalili: “Heart disease is by far the leading cause of death in women, yet most are unaware of the disease’s risk factors or symptoms. In fact, women may experience early symptoms of cardiovascular disease differently than men. It’s important that all women recognize the early signs of a heart attack and call 9-1-1 if they suspect any symptoms.”

Signs include:

- Shortness of breath, often without chest pain of any kind
- Flu-like symptoms - specifically nausea, clamminess or cold sweats
- Unexplained fatigue, weakness or dizziness
- Pain in the chest, upper back, shoulders, neck or jaw
- Feelings of anxiety, loss of appetite, discomfort

Holy Redeemer’s Women and Heart Disease event takes place on Wednesday, February 20 from 6:30 to 8:30 pm at the Provincialate of the Sisters of the Holy Redeemer, 521 Moredon Road, Huntingdon Valley, PA, 19006. This free program, sponsored by The Cardiovascular Center at Holy Redeemer and the Cardiovascular Institute of Philadelphia, will include Dr. Ghalili’s heart-to-heart discussion; valuable nutrition information from a registered dietitian; free samples and a live cooking demonstration by a certified chef; and raffles and giveaways.

To register for the Women and Heart Disease event, please call 1-800-818-4747, or visit us online at www.heartatholyredeemer.com.