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Immediate Release

St. Vincent's Medical Center to Host Heart Health Fair

Bridgeport, CT, January 28, 2009 - St. Vincent's Medical Center will hold its 3rd Annual Heart Health Fair on Thursday, February 12th from 7:00am - 4:00pm in the Main Lobby. The event is open to the public at no cost and is in recognition of Heart Month.

The Fair will be a sizeable event, featuring thirteen booths and offering health screenings, information, free parking, a free raffle and giveaways. Hosted by St. Vincent's Regional Heart & Vascular Center, the cardiology division of the Medical Center, the event aims to spread awareness of cardiovascular disease risk factors, prevention and treatment options by teaching area residents to focus on overall health and wellness strategies, rather than simply changing habits after an unwanted diagnosis.

Attendees will be able to watch demonstrations of a 64-Slice Cardiac CT Scan at the Interventional Radiology booth and echocardiogram demonstrations at the Non-invasive Cardiology booth. The Cardiovascular Wellness booth will offer **body fat analysis** and **blood pressure screenings** free of charge, HDL cholesterol screenings for a \$15 materials charge and a fasting-required lipid panel for a \$20 materials charge. At the Women's Health booth, visitors will experience what a breast lump feels like on the breast cancer model.

Additional booths presenting at the fair are the Regina L. Cozza Women at Heart program, the Healthy Hearts Club, Regional Heart & Vascular Center Welcome Center, Cardiac Rehabilitation/CHF Clinic, Stroke Prevention, Primary Care, Bariatric Surgery, Meet our Cardiologists, Smoke Stoppers and Atrial Fibrillation Center.

St. Vincent's Regional Heart & Vascular Center

In June 2007, an analysis released by the Centers for Medicare and Medicaid Services (CMS) showed that St. Vincent's was one of only seventeen hospitals out of a total of 4,477 in the nation that had heart attack death rates better than the national rate. St. Vincent's also had the lowest death rate for heart attack patients among Connecticut's 31 hospitals. St. Vincent's is also the recipient of the national Start! Fit-Friendly Company Award from the American Heart Association for its leadership in making the health and wellness of its employees a priority through its exercise, nutrition and educational initiatives.

For more information about the Heart Health Fair, the St. Vincent's Regional Heart & Vascular Center or for referral to a St. Vincent's cardiologist, call the toll-free Care Line at 1-877-255-SVHS (7847) or visit www.stvincents.org.