For Immediate Release

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

Bridgeport, CT, January 29, 2010- St. Vincent's Medical Center will hold its 4th Annual Heart Health Fair on Thursday, February 11th 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 fourteen 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 view results of Cardiac CT Scans at the Radiology booth and echocardiogram demonstrations at the Non-invasive Cardiology booth. **Body fat analysis, body mass index** and **blood pressure screenings** will be offered free of charge. HDL cholesterol screenings for an $18 materials charge and a fasting-required lipid panel for a $25 materials charge will be offered at the Cardiovascular Wellness booth.

Additional booths presenting at the fair are the Regina L. Cozza Women at Heart program and the Healthy Hearts Support Group, Cardiac Rehabilitation/CHF Clinic, Stroke Prevention, Bariatrics, Meet Our Cardiologists, Smoke Stoppers, Women's Imaging Center, Behavioral Health, Heart Healthy Nutrition and Cardiac Surgery.

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.

St. Vincent's Medical Center
St. Vincent's Medical Center in Bridgeport, CT is a 473-bed community teaching and referral hospital with a Level II trauma center and a 76-bed inpatient psychiatric facility in Westport. St. Vincent's provides a full range of inpatient and outpatient services with regional centers of excellence in cardiology, surgery, cancer care, orthopedics, diagnostics, women's and family services, behavioral health, senior health and an array of specialized services. St. Vincent's Medical Center is a subsidiary of St. Vincent's Health Services, which include St. Vincent's Behavioral Health Services, Westport Campus, St. Vincent's College, St. Vincent's Special Needs Services, St. Vincent's Medical Center Foundation and St. Vincent's Immediate Health Care Centers. It is a member of Ascension Health, the nation's largest Catholic healthcare system. St. Vincent's is a teaching affiliate of the University Of Connecticut School Of Medicine and of New York Medical College. The Medical Center is also sponsor of Swim Across the Sound, one of the nation's largest hospital-based cancer prevention and patient support programs. For referral to a St. Vincent's physician or about programs and services, call the toll-free Care Line at 1-877-255-SVHS (7847) or visit www.stvincents.org.

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