

FOR IMMEDIATE RELEASE:

January 20, 2012

For more information contact:

Kelly Barbeau, Marketing Support Specialist
618-234-2120, x1270

THREE AREA HOSPITALS GOING MARK AMERICAN HEART MONTH WITH EDUCATIONAL EVENTS THROUGHOUT FEBRUARY

BELLEVILLE, IL – Since 1963, the month of February has been named "American Heart Month" to raise awareness and provide education on cardiovascular diseases. The three area hospitals in Hospital Sisters Health System Southern Illinois Division – St. Joseph's in Breese, St. Joseph's in Highland and St. Elizabeth's in Belleville – are collaborating to offer more than a dozen educational events to the public during February.

As leaders in health care in the metro east, the three hospitals will be lighting their buildings in red for a the first week of February, to kick-off a full month of Heart Health Awareness activities. This outward symbol is a reminder to the public to be heart smart and know your risks for heart disease. These include:

- **High blood pressure.** More than half the people who have hypertension aren't controlling it, and its causes are unknown in more than 90 percent of all patients.
- **High cholesterol.** The body packages cholesterol in different forms. The higher LDL numbers, the "bad" cholesterol, the greater your risk of cardiovascular disease.
- **Smoking.** On its own, smoking can lead to heart disease. It can also worsen high blood pressure, increase the chance for blood clots and stroke, and make it difficult to exercise properly.

- **Lack of exercise.** Physical inactivity puts you at great risk for cardiovascular disease; the American Heart Association ranks it on a par with high blood pressure, high cholesterol, and smoking as a contributor to heart disease.
- **Being overweight.** Just carrying excess body fat can lead to cardiovascular diseases while raising blood pressure and cholesterol levels.
- **Poor diet.** A diet high in saturated and trans fats contributes to high cholesterol; too much salt and not enough potassium can contribute to high blood pressure. Drinking too much alcohol increases your risk of most cardiovascular diseases.
- **Stress.** This can be a contributing risk factor, especially if it leads you to overeat, drink more alcohol, or smoke.

The month of February will be filled with classes, heart health presentations, FREE health screenings and much more presented by physicians and staff at all three hospitals.

The events include:

February 2 ACLS Provider/Recertification Course

7am-5pm Heritage Room • St. Joseph's Hospital-Breese. \$200 or \$175 for recertification. Registration required. Call 526-5353 or email education@sjb.hshs.org.

February 7 & 8 "RED" FASHION SALE - presented by Dillard's

7am-7pm (Tues.) Millennium Room
7am-4pm (Wed.) St. Elizabeth's Hospital-Belleville

February 7 LUNCH AND LEARN - Cooking Demo

12pm Jehle Hall • St. Joseph's Hospital-Highland
Presented by Cindy Hartman, Dietitian. Call 651-2840 or 651-2590 to register.

February 8 NUTRITION LUNCH & LEARN

11:15am Cafeteria • St. Joseph's Hospital-Breese.
12:15pm Presented by Dietitian Angie Kruse.

February 9 WOMEN'S HEART HEALTH FAIR & FASHION SHOW

6pm Hidden Lake Winery, south of Aviston. Girls night out. Seating is limited to reservations only this year. **Call 526-5396.** \$10/person. Prepaid tables of 8 available. Registered individuals and smaller groups pay at the door with first-come, first-served seating. Doors don't open until 5:30pm. Wine & appetizers, gifts, and a fashion and jewelry show by Glik's and Becker Jewelers.

February 14 FREE BLOOD PRESSURE SCREENING

- 8-9am Heritage Room • St. Joseph's Hospital-Breese
- February 14 DINE WITH YOUR VALENTINE & CPR COURSE**
6pm Millennium Room • St. Elizabeth's Hospital
\$15 fee. Celebrate love and friendship this Valentine's Day by earning skills that can help save a life. Evening includes a heart healthy meal and CPR/AED training. Call 234-2120, ext. 1480 to make a reservation.
- February 16 HEALTHY HEARTS FOR SENIORS PRESENTATION**
11:30am SWIC-PSOP, 201 N. Church Street, Belleville
Call 234-4410, ext. 7015 to make a reservation.
- February 18 HEART HEALTHY FAIR AT ECKERT'S**
9am Three FREE cooking demonstrations: Two on heart healthy meals and a Healthy Cooking for Kids (recommended ages 8-14); Educational presentation on Heart Disease and Hormone Replacement Therapy; Free Heart Friendly exercise demonstrations; plus heart health information.
- February 20 HEARTSAVER BASIC LIFE SUPPORT CLASS**
6pm St. Joseph's Hospital-Breese. \$40 fee. Registration required.
Call 526-5353 or email education@sjb.hshs.org.
- February 22 EXERCISE LUNCH & LEARN**
11:15am Cafeteria • St. Joseph's Hospital-Breese
12:15am Presented by ATC Jamie Wagner.
- February 22 "ART OF HEART CARE" Student Show Opening**
3-8pm Healthplex • St. Joseph's Hospital-Breese. Vote for Favorite of Show - nickel per vote to benefit the American Heart Association. Heart-inspired artwork by local high school students will remain on display thru the month of March.
- February 24 POKER "HEART" WALK**
6:30pm Korte Rec Center • Presented by St. Joseph's Hospital-Highland. Free to the public. Get a card for laps walked. Prizes and light refreshments available.

About Hospital Sisters Health System

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems and physician practices in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.

###