



**St. Elizabeth's Hospital  
Marketing Department**

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FOR IMMEDIATE RELEASE

January 27, 2009

**ST. ELIZABETH'S KICKS OFF HEART HEALTH MONTH WITH  
"GO RED" PUBLIC EDUCATION EVENT**

*Belleville* – Sadly, heart disease claims 1 million lives each year and half of the 250,000 Americans who die of sudden cardiac death per year are under the age of 65. As a leader in health care, St. Elizabeth's Hospital is hosting several events for the community to raise awareness of heart disease and its prevention as part of National Heart Health Month in February.

The public is invited to the **GO RED for Heart Month Kick-Off** event on **Thursday, February 4 at 6pm** in the lobby of the Southern Illinois Heart Institute, 340 West Lincoln Street in Belleville.

The kick-off event at St. Elizabeth's Hospital will include tours of the state-of-the-art heart and vascular lab, two educational presentations - *Managing Cholesterol* by Dr. Anil Shah of Cardiology Consultants Ltd and *Updates in Cardiac Surgery* by Dr. John Sadoff of Cardiothoracic Surgery Assoc. - giveaways and refreshments. Take-home educational materials will be available covering many topics related to

heart disease and its prevention including information on diabetes, smoking, cholesterol, heart attack, high blood pressure and more. Reservations not required but appreciated. Please call 618-234-2120, ext. 1274.

The exterior of the hospital building will also “go red” as lights red lights will be flipped on to remind the public about heart health for the entire month.

Heart disease may be the leading cause of death for both men and women, but there are some key prevention steps that can be taken immediately to reduce your risk.

- 1) Don't Smoke or use tobacco
- 2) Get active
- 3) Eat a heart-healthy diet
- 4) Maintain a healthy weight
- 5) Get regular health screenings

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 is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois and Wisconsin. Hospital Sisters Health System provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi.

With over 14,000 staff, the HSHS hospitals in Wisconsin are located in Chippewa Falls, Eau Claire and Sheboygan, with two in Green Bay. In Illinois, the HSHS hospitals are located in Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator.

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