

answers

help and support.

For health, life and happiness.



Her Health

from

bellinhealth PARTNERS

2008 WINTER NEWSLETTER (VOLUME 1)



Her life:

Feels great, loves to exercise, but has a family history of heart disease.

Her challenge:

To recognize that heart disease is the #1 killer of women and that early detection is the key to successful management.

Her next step:

To attend a free event that will start the process of helping her take control of her heart and her life.

Her team:

Bellin Health Partners and the #1 Heart Hospital in Northeast Wisconsin.

Free presentation:

Attend - *Women and Heart Disease: What Every Woman Should Know About Her Health*

Speaker: Chris Wolfram, M.D.
Cardiology Associates of Green Bay

Date: Thursday, February 28

Time: 12 – 1:30 p.m.

Location: SC Grand
1250 Mid-Valley Dr., De Pere
(Located off Hwy. 41 S.)

We'll even provide a **FREE** lunch and cooking demonstration.

To register:

Her Health Hotline
with 24/7 Nurse On Call
920 433-7494
or toll free 877 989-0994

The #1 killer of American women is heart disease.

Fact & Fiction about Women & Heart Disease

First, let's review some facts:

- Cardiovascular disease (CVD) is a broad term used to describe a range of diseases that affect your heart or blood vessels. This includes coronary artery disease, heart attack, heart failure, high blood pressure, stroke, and peripheral arterial disease.
- CVD kills 480,000 women a year, about one per minute, or one in three women.
- CVD kills nearly 12 times as many American females as breast cancer.
- Stroke kills 2.3 times as many American females as breast cancer.
- Many minority women, including African American, Hispanic, and Native American women, have a greater prevalence of risk factors or are at a higher risk of death from heart disease, stroke, and other CVD.

Fact or Fiction?

- Men generally develop heart disease at a younger age than women.
- **Fact:** On average, CVD presents 10 years later in life in women than in men "Around the age of 65, or after menopause begins, estrogen levels drop. Women are then more likely to have high triglycerides and low HDL or "good" cholesterol. Men, on the other hand, tend to have lower levels of HDL beginning at puberty, leading to their earlier heart disease risk," said

Dr. Chris Wolfram, Interventional Cardiologist of Cardiology Associates of Green Bay.

Fact or Fiction?

- Taking estrogen after menopause *prevents* heart disease.
- **Fiction:** "According to the 2007 Guidelines for Preventing Cardiovascular Disease in Women, women should not use menopausal therapies such as hormone replacement therapy (HRT) or selective estrogen receptor modulators (SERMs), such as raloxifene or tamoxifene to *prevent* heart disease because they have been shown to be ineffective in protecting the heart and may increase the risk of stroke," reports Kelly Galler, Cardiac Clinical Nurse Specialist at Bellin.

Bellin Health is committed to providing special events and screenings to educate women on their risks of heart disease. "Her Health Heart Assessments" will be offered the 4th Tuesday of every month. An RN will evaluate your risk of developing heart disease or stroke. An opportunity for a more in-depth evaluation and counseling may also be offered when necessary. In addition, other special events will take place throughout the year. See Calendar of Events located on the back for more details on what's happening this quarter. To register call 920 433-7491 or toll free 877 989-0994.

Her Health

CALENDAR OF EVENTS



Her Health Heart Assessments

Bellin Health is offering free heart assessments for women that include total cholesterol and glucose testing, blood pressure and Body Mass Index (BMI) measuring, counseling on cardiac risk factors, and a customized heart journal. Preregistration is required.*

Tuesdays, January 22, February 26, March 25, 7 - 9 a.m.
Bellin Health Heart & Vascular Center located at Bellin Hospital
744 S. Webster Ave., Green Bay

Wednesday, February 13, 8 - 10 a.m.
Bellin Health Family Medical Center - De Pere East
555 Redbird Cir., De Pere

Her Health Luncheons

SC Grand, 1250 Mid-Valley Dr., De Pere
(Located off Highway 41 South)

The following Her Health Luncheons include a FREE lunch and cooking demonstration. Preregistration is required.*

“Managing Chronic Pain through Integrative Medicine”
By Mary Connelly, MD, Bellin Health Center for Health & Healing
Thursday, January 31, 12 - 1:30 p.m.

“Women and Heart Disease: What Every Woman Should Know About Her Health”
By Chris Wolfram, MD, Cardiology Associates of Green Bay
Thursday, February 28, 12 - 1:30 p.m.

“Plastic Surgery”
By William Dierberg, MD, Green Bay Plastic Surgical Associates
Thursday, March 27, 12 - 1:30 p.m.

Healthy Hearts

Bellin Health will be changing the format of this annual event to an evening event (Healthy View Seminar on February 19) and luncheon (Her Health Luncheon on February 28). You are welcome to join us for both events.

Healthy View Seminar

Bellin's new quarterly seminar series continues in February for Heart Month with a presentation on “Heart Disease: Taking a Risk?” by Steve Gerndt, MD, heart surgeon at Green Bay Cardiothoracic & Vascular. This is a 20-30 minute discussion on the daily habits, lifestyles, and traits we possess that may be contributing to the development of heart disease. The information will lead one to the tools and changes possible to avoid the development of this life-threatening disease. Includes FREE hors d'oeuvres, refreshments, screenings, and displays. Preregistration is required.*

Tuesday, February 19, 5:30 - 6:30 - Hors d'oeuvres and screenings; 6:30-7:30 - Presentation
SC Grand, 1250 Mid-Valley Dr., De Pere
(Located off Highway 41 South)

Balance & Dizziness Assessments

Do you ever feel dizzy, lightheaded, or off balance? Does it prevent you from going out or enjoying everyday activities? Learn about potential causes for dizziness and how to decrease your risk of falling. Please wear comfortable, flat-soled shoes. Preregistration is required.*

February 14, April 10, 5:30 - 7 p.m.
Bellin Health Center for Health & Healing
2020 S. Webster Ave., Green Bay

LifeLines Presents

Bellin Health and Weidner Center Presents, Inc. are proud to announce the fourth season, featuring world renowned speakers and prelecture informational opportunities with leading community representatives from the medical, holistic health and wellness, financial, and educational arenas. Each evening begins at 6 p.m. with a showcase during which you may enjoy the company of friends and spend time with a wide variety of providers offering valuable services. Preregistration is required.

Tuesday, February 5
Tuesday, March 18
Thursday, May 1

Lee Woodruff
Jill Eikenberry & Michael Tucker
Dr. Andrew Weil

Purchase a subscription for all three events or individual tickets. For tickets call 920 465-2217 or 800 328-TKTS.

ALL HER HEALTH EVENTS ARE FREE UNLESS NOTED.

*TO PREREGISTER CALL THE HER HEALTH HOTLINE WITH 24/7 NURSE ON CALL 920 433-7494 OR TOLL FREE 877 989-0994.



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ANSWERS
Bellin Health Systems, Inc.
744 S. Webster Avenue
P.O. Box 23400
Green Bay, WI 54305-3400