



Are you at risk for a Heart Attack?

Find out at our 2010 Womens Heart Health Screening Event

FREE RISK FACTOR SCREENING – RESERVE YOUR SPOT TODAY

Saturday

January 23, 2010

7:00 am – 1:00 pm

Venue

**El Camino Hospital
Los Gatos Campus
815 Pollard Road
Los Gatos, CA 95032
(650) 940-7242**

South Asians, people who trace their origins from Bangladesh, India, Nepal, Pakistan, or Sri Lanka, are four times more likely to develop cardiovascular disease than the general population.

Contrary to popular belief, women are as likely to suffer from heart disease as males in this population!

EVENT FEATURES:

- Heart Health Risk Assessment and Physicals
- Comprehensive Metabolic & Genetic Lab Tests
- Body Fat Analysis
- Diet and Nutrition Workshops
- Breast Exams and Women's Health Seminars
- Transcendental Meditation

A new GENERATION of the heart-healthy SOUTH ASIAN WOMAN is here.

Are you one of them?

El Camino Hospital's South Asian Heart Center kicks off 2010 with a special open-house health fair for women as it launches its new clinic at the Los Gatos Campus, aimed at getting the "family health-care advocates" to focus on themselves first! Determine your hidden risks for heart disease, and how you can effectively lower your likelihood of having a heart attack.

This event and health fair is free for attendees who pre-register. The South Asian Heart Center will cover all the out-of-pocket expenses for participants with a current PPO or HMO health insurance coverage (including Kaiser), and Medicare (Part B). This free offer includes the complete South Asian Heart Center Prevention Program that incorporates comprehensive laboratory testing, risk factor counseling, risk management lifestyle planning, nutritional counseling, and ongoing follow-up heart health coaching.

Sign up now to reserve your spot:

<https://www.southasianheartcenter.org/womensheart>

A portrait of Meenu Mehta, a woman with dark hair, smiling. She is wearing a green patterned top and a black and white striped sari. She is also wearing a pearl necklace and earrings.

RISK MANAGER.

"IN OUR CULTURE, YOU ALWAYS HEAR ABOUT HEART DISEASE IN MEN, BUT MY REPORT WAS AWFUL — WORSE THAN MY HUSBAND'S. BUT NOW I'M BETTER THAN EVER." —Meenu Mehta

**PEOPLE OF
SOUTH ASIAN DESCENT
HAVE 4X THE RISK OF
HEART DISEASE.**



**South Asian
Heart Center**
EL CAMINO HOSPITAL

Meenu Mehta knew her cholesterol was too high, but she had no idea she was at risk for coronary heart disease until her evaluation at the South Asian Heart Center. There, she underwent an in-depth assessment for risk factors common in people who trace their origins to India, Pakistan, Afghanistan, Bangladesh, Nepal and Sri Lanka. The Center performs a comprehensive lab test that also includes emerging genetic markers not included in conventional screenings. Besides identifying the complete risk profile, the Center counsels participants on healthy lifestyle changes, with a special sensitivity to South Asian culture and diet. Participants receive a personalized, comprehensive heart health plan, with ongoing phone and e-mail coaching to help them stay on track. The changes Meenu made in her routine helped her lose 15 pounds and lower her cholesterol from 350 to 142. As Meenu says, "I feel like I have someone watching over me. I have to respond, and that helps me succeed."

**FREE Women's Screening & Health Fair on January 23 at our Los Gatos campus.
Space is limited. Call us or visit our Web site today to register!**

650-940-7242 www.southasianheartcenter.org/womensheart