



Northwest Medical Center  
Plantation General Hospital  
University Hospital and Medical Center  
Westside Regional Medical Center

**Plantation General Hospital  
Westside Regional Medical Center**

## Triglycerides Talk

### Know your numbers for heart health

**T**hanks to drug commercials, almost every adult in America has heard about the dangers of high cholesterol in the blood. But another substance moving through your veins may have just as much impact on your heart's health — triglycerides. Like high cholesterol, high triglycerides are often a warning sign of heart disease, but many people don't know they should be paying attention to their triglyceride levels.

Cholesterol and triglycerides are both lipids, a type of fat, but they play very different roles in the body. Cholesterol builds cells and hormones, while triglycerides act as the body's fuel cells. After we eat, calories not used for immediate energy are converted into triglycerides that are stored in fat cells and end up circulating in the blood. When you start to feel that mid-afternoon slump, hormones will tell the triglycerides to



release fuel needed to keep you going until your next snack or meal.

Unfortunately, when it comes to triglycerides, too much of a good thing can be harmful. Having large numbers of triglycerides circulating in the blood may contribute to coronary artery damage that can be a precursor to heart disease and stroke.

People who eat a lot of processed foods, simple carbs and fat are more likely to have high triglyceride levels. Lack of physical activity, smoking and alcohol use can also cause these blood fats to become elevated.

High triglycerides are often a symptom of other health problems like poorly controlled type 2 diabetes, thyroid disorders, or even liver and kidney disease. Some drugs, such as birth control pills, steroids and diuretics, can lead to an overabundance of triglycerides, but these spikes can usually be reversed by stopping or changing medication.

Triglycerides are typically measured with a blood test called a blood lipid profile. This test is done after several hours of fasting and measures total

*Continued on page 2 >*



**ISSUE FOCUS: Heart & Vascular Health**

## Health and Wellness Fair

Wednesday, Feb. 23

10:00 a.m. - 12:00 p.m.

**Plantation General Hospital  
Classrooms 1, 2 and 3**

Screenings, educational information, interactive activities and more. (See article on page 8 of newsletter for additional information). RSVP requested; call (866) 442-2362.



## Heart Health

> *Continued from page 1*

cholesterol, LDL (bad cholesterol), and HDL (good cholesterol), as well as triglyceride levels.

The American Heart Association recommends that healthy adults age 20 and older have a fasting blood lipid profile done every five years. More frequent testing may be advised for those at high risk for heart disease or stroke and those over age 40. If you have very high triglycerides, you may be treated with drugs such as statins, fibrates and niacin. However, most people can keep triglyceride levels in check through diet and exercise.

KEEP AN EYE ON YOUR LEVELS	
Triglyceride level	Diagnosis
Less than 150 mg/dL	Normal
150–199 mg/dL	Borderline high
200–499 mg/dL	High
500 mg/dL and above	Very high



To control triglyceride levels, be extra vigilant about lowering your consumption of foods high in trans fats, saturated fat and cholesterol. Get up and get moving in some way every day. You don't have to be an exercise fanatic to see results. In fact, some studies show moderate exercise — the equivalent of walking less than two miles a day — can reduce triglyceride levels even more effectively than vigorous workouts.

## Young, Healthy and Having a Heart Attack?

### How it happens

**W**hen a seemingly healthy, active, young adult suffers a heart attack, it's always shocking news. It's also a reminder that people should pay attention to heart health no matter what their age.

Heart attacks in young adults are most commonly caused by coronary artery disease, which may be linked to lifestyle. In one study, researchers monitored the health and lifestyles of more than 5,000 people ages 18 to 30 for up to 15 years. They discovered that coronary artery disease was 50 percent higher among those who smoked 10 cigarettes a day. High cholesterol and high blood pressure, which are often caused by poor diet, stress and lack of exercise, were also deemed to put young hearts at increased risk for heart attacks.

Of course, not all heart attacks in young adults are related to lifestyle factors. Undiagnosed genetic disorders, blood clots, trauma or drug use can also trigger deadly cardiac events.



### HEARTS IN TROUBLE

While the media may report all deadly heart incidents as "heart attacks," a heart attack is different from sudden cardiac arrest. Sudden cardiac arrest is an abrupt loss of heart function that happens minutes after symptoms appear. Brain death begins just minutes after the heart stops.

When people in their mid-30s to mid-40s suffer sudden cardiac arrest, it is most

### Know Your Risk

Take a risk assessment test to evaluate your risk of having a heart attack and make lifestyle changes to prevent heart disease. H2U members can take a confidential, personal health assessment online at [www.h2u.com](http://www.h2u.com).

often caused by undiagnosed coronary artery disease according to the National Heart, Lung and Blood Institute. When young adults, like athletes, collapse on the field from sudden cardiac arrest, it is more likely the result of undiagnosed heart abnormalities. Adrenaline released by the body during intense physical activity can trigger cardiac arrest in an abnormal heart.

In contrast to cardiac arrest, a heart attack results when blood flow to the heart is blocked, and the heart is damaged from a lack of blood and oxygen. Heart attacks are typically caused by years of plaque buildup in the arteries that supply blood to the heart. A heart attack can cause cardiac arrest and death, too, so it's important to avoid habits that are linked to heart disease. Prevention is the best protection against coronary artery disease since plaque buildup usually cannot be reversed.

# Handle with Care *Salt shaking can be harmful*

**W**e have a strange relationship with salt. On one hand, all bodily fluids contain sodium. Without sodium, our brain, muscles and nerves cannot generate electrical impulses that allow them to communicate and carry out vital functions. Sodium also helps regulate the fluids in our bodies. So salt cravings are natural.

On the other hand, too much sodium can cause serious health consequences. Eating a lot of salt, for example, can cause us to retain too much fluid, which triggers a kind of internal chain reaction that can be harmful.



The trouble begins when this extra fluid increases the pressure inside the blood vessels. Under this added pressure, blood vessels start to thicken and narrow, making it harder for the heart to pump blood through the arteries. Over time, this can lead to high blood pressure (hypertension), a major risk factor for stroke and heart disease.

## HOW MUCH SALT IS TOO MUCH?

Limit yourself to 1,500 mg or about 2/3 teaspoon of sodium a day if you want to maintain a healthy blood pressure,

advises the American Heart Association. Table salt contains about 40 percent sodium. Use the guide below to help you control your sodium intake.

1/4 teaspoon salt = 600 mg sodium  
 1/2 teaspoon salt = 1,200 mg sodium  
 3/4 teaspoon salt = 1,800 mg sodium  
 1 teaspoon salt = 2,300 mg sodium

Of course, the saltshaker isn't the only source of sodium in our diets. If you're like most Americans, the bulk of your salt comes from processed foods. So be sure to read food labels before you sit down at the dinner table, and then decide if you really need someone to pass the salt.

## On Guard

### Monitoring your blood pressure

**I**f you have hypertension or another medical condition that causes high blood pressure, you probably know how important it is to keep blood pressure within normal limits. Uncontrolled high blood pressure can lead to heart attack, stroke or other problems. Yet hypertension often produces few or no symptoms. So how do you know if you are managing your blood pressure

effectively? The answer, say many health professionals, is to check your blood pressure at home on a routine schedule.

Self-monitoring allows you to collect many readings over time. Recording blood pressure levels helps you and your physician track whether your readings are associated with certain external events, and, if you're taking medication, how well the drug is working. Home testing also helps ensure more accurate blood pressure readings for those who may experience "white coat hypertension," a spike in blood pressure due to anxiety related to being in a doctor's office or hospital.

### STEPS FOR SUCCESS

Home monitors can be purchased at most drugstores. To get an accurate reading, follow instructions on the device, along with these tips:

- Avoid smoking, exercising or consuming caffeinated drinks 30 minutes before a home test.
- Take two or three readings one minute apart at the same time each day. Note changes in emotion, diet, medication or stress, which could influence results.

A healthy blood pressure reading is less than 120/80, but blood pressure levels can fluctuate, even if you take medication. If you get a high reading, recheck your blood pressure a few more times later in the day. Call your doctor if your blood pressure remains high. If the top number (systolic pressure) reaches 180 or higher or the bottom number (diastolic pressure) reaches 110 or higher, seek emergency medical attention.

The American Heart Association offers an online blood pressure tracking tool called Heart360 ([www.heart360.org](http://www.heart360.org)), where you can record and store blood pressure readings and print them to give to your healthcare provider.



### The Right Monitor

- Digital monitors are more expensive than manual monitors, but easier to use.
- Monitors that use a cuff around the arm are the most accurate, provided you have a cuff that fits. Your healthcare provider can measure your arm and recommend a cuff size.
- Public blood pressure monitors set up in supermarkets or pharmacies often do not have the right cuff size and may not be serviced regularly, so accurate results are not guaranteed.

## Calendar of Events

### Fitness Programs

For details regarding any of the following classes, call your local H2U affiliate director.

#### New U Fitness Program

Every Monday

10:15 a.m.

West Regional Library

\$3/class, registration not required

Every Wednesday

10:30 - 11:30 a.m.

Plantation Community Center

5555 Palm Tree Road

\$3/class, registration not required

#### Zumba Easy

Every Monday

11:30 a.m. - 12:30 p.m.

West Regional Library

Call Liz at (954) 476-3994 for specific information. There is a fee for this class.

### Osteoporosis Van Screening

Call (866) 442-2362 to schedule your appointment. The times for all screenings are 9:00 a.m. - 12:00 p.m.

Plantation General Hospital -  
Wednesday, Feb. 23

Westside Regional  
Thursday, Feb. 18

### Chair Yoga Class

Every Tuesday

1:00 - 2:00 p.m.

Plantation General Hospital  
Classroom 2

Free for H2U members

Chair Yoga benefits both the body and the mind. It benefits every body part because it increases blood circulation, improves feet, toes, hand and finger movements, improves balance, stimulates the elimination of body toxins, improves posture, flexibility and mobility, muscle and bone health.

Chair Yoga also calms our minds resulting in decreased stress and improved relaxation. Chair yoga is often called the perfect exercise. For additional information regarding the free chair yoga class please call Marlene at (954) 513-6663.

### H2U Mall Walking Program

Tuesday and Thursday

9:00 a.m.

Broward Mall in Plantation

Join the Plantation Pacesetters as they walk in the beautiful Broward Mall. Sign in at the Police Community Outreach Center located inside the Broward Mall. All walkers will receive a new H2U Pacesetter t-shirt.

### It's All in the Cards

Every Tuesday

1:00 p.m.

Westside Regional Medical Center

Enjoy an afternoon of mental exercises with card playing. Games played are Skip-Bo, Hand and Foot and more. Enjoy this social afternoon.

### American Cancer Society Man to Man Prostate Cancer Support Group

Tuesday, Feb. 1

First Tuesday of the month

6:30 p.m.

Westside Regional, Classroom C

Facilitator: Steve Newman

Our guest speaker in February is world renowned urologist Gerald Chodak, MD. For more information call (954) 476-3994.

### February Lunch N' Learn

Tuesday, Feb. 22

12:00 p.m.

Westside Regional Classroom C

"Keys to a Healthy Heart"

Guest Speaker: Fred Challeff, MD,  
Cardiology

### AARP Safe Driving Class

March 9

9:00 a.m. - 3:00 p.m.

Westside Regional Medical Center  
Classroom C

\$12 for AARP members

\$14 for non-members

Registration is required. Payment by check only payable to AARP. Call Liz for more information at (954) 476-3994.

### Seminole Hard Rock

Thursday, Feb. 3

\$18

Are you feeling lucky?! H2U is off to the Hard Rock Casino for the day. You get \$15 free play and a \$7.50 meal voucher for lunch at any of the eateries in the casino. Transportation included. If you already have a "Players Card" please provide your card number with your payment. First timers must provide a copy of your driver's license.

### Travel Log 2011

Thursday, Feb. 10, 2:00 p.m.

Westside Regional Medical Center  
Classroom C

Craig Colley, President of Southern Touch Tours present the 2011 H2U travel season including trips with Southern Touch and Collette Vacations. RSVP to (954) 476-3994.

### Westside Story

Sunday, Feb. 20

2:00 p.m. - Matinee

Broward Center for the Performing Arts  
\$60.50 (tickets only)

More than fifty years ago one musical changed theatre forever. Now it's back on Broadway mesmerizing audiences once again. From the first note to the final breath, Westside Story soars as the greatest love story of all time. H2U has secured great seats in upper orchestra.

## Bellaser Resort – Naples, FL

Mini Getaway Casino Trip

Sunday, Feb. 27 - Monday, Feb. 28

\$225 per person, double occupancy  
(based on 30 people)

\$205 per person, 3-4 people in two bedroom suite with one king-sized bed and two doubles

**Day 1:** Arrive in Naples in time to board the Naples Princess, a brand new yachting vessel, experience the luxury, relax, enjoy the view with three decks, two fully air conditioned and the top deck is open-air. Lunch is served in the salon with a delicious buffet and dessert. Back in port at 2:00 p.m. we're off to our hotel for check-in.

In the afternoon a narrated tour of Naples on the Trolley—seeing the points of interest, historic district and other high points throughout the town. Some real surprises await your shopping discovery. Since 5th Avenue is within walking distance of the hotel, stroll, shop and explore before returning to the hotel. Dinner is served at 6:45 p.m. in the hotel diningroom and you might want to stop in the beautifully appointed bar area for a cocktail prior to dinner.

**Day 2:** Full breakfast is served either on the terrace or diningroom. Check-out and board the bus to the next stop Immokalee for the Seminole Casino. You'll receive a \$10 lunch voucher and \$25 in free play at the casino. At 4:30 p.m. we will be headed back home arriving at approximately 6:45 p.m.

### Package includes:

Round trip deluxe motor coach, driver's gratuity, two days – one night's accommodations, double occupancy in a one-bedroom suite (because of the layout of the suites two bedrooms, each with their own private bath are available), yachting cruise with lunch, tax, meal gratuity narrated by the captain, trolley tour of Naples, dinner at the hotel, breakfast at the hotel, \$10 lunch voucher at Immokalee Casino and \$25 in free play, discount coupon books for Fifth Avenue shops, taxes and gratuities. Trip is fully escorted.

## The Original Florida Follies

Sunday, March 13

Coral Springs Center for the Performing Arts

\$26/ticket only

\$39/with transportation

The Original Florida Follies present *Another Op'nin' Another Show*. These phenomenal women with ages ranging from 60 to 90 years young have entertained thousands and at the same time raise money (\$100,000 last season) for at-risk and needy children. RSVP to your local H2U office.

## Grey Gardens, the Musical

Sunday, April 3

7:00 p.m.

Rising Action Theatre

1480 SW 9th Ave., Ft. Lauderdale

\$40/ticket only; \$53 with transportation

Rising Action Theatre (formerly Off-Broadway Theatre in Wilton Manors) has moved to the Sunshine Cathedral in Ft. Lauderdale. The cast is honored to present the South Florida Premiere of the Tony Award-winning *Grey Gardens, the Musical*. Based on the highly acclaimed 1975 Maysles Brothers film documentary, it is the story of Jackie Kennedy's relatives "Big Edie" Bouvier Beale, her adult daughter "Little Edie" and the overgrown, crumbling East Hampton mansion they shared for decades.

## Vatican Splendors: A Journey Through Faith and Art

Thursday, April 14

Ft. Lauderdale Museum of Art

\$61

This major exhibition offers a true insiders view of the Vatican, including its spiritual, artistic and ceremonial treasures. It is one of the largest collections of art documents

and historically significant objects from the vatican ever to tour North America. We will have an audio guided tour of exhibit followed by a lunch prepared by students at the Ft. Lauderdale Culinary Institute and served in the Chef's Pallete Restaurant.

## The Golddigger Present... Everything Old is New Again

Sunday, April 17 (matinee)

Gusman Hall, Miami

\$55

H2U members have always enjoyed seeing H2U coordinator Judy Newell and her cohorts kick up their heels and sing songs that bring back fond memories of yesteryear and at the same time raise money for the Leukemia and Lymphoma Society. The venue is a historical landmark in Miami. Before the show we will have lunch at a restaurant TBD. Cost includes lunch, show and transportation.

## A Springtime Celebration of Democracy at our Nation's Capital – Washington D.C.

April 21 - 27

\$1,377 per person, double occupancy

\$1,677 per person, single occupancy

Join H2U as we travel to historic Washington D.C. The price includes round trip motorcoach transportation, six nights hotel accommodations, professionally guided tours in Washington, breakfast and lunch or dinner daily.

We will tour George Washington's Mt. Vernon, visit the Lincoln and Jefferson Memorials, the Vietnam Veterans' Memorial, and the World War II Memorial. We will also visit Arlington National Cemetery and see the changing of the guards at the Tomb of the Unknown Soldier. Call your H2U office to receive a detailed itinerary of this special patriotic trip.

**D**id you know that eating three or more servings of vegetables a day could reduce your risk of death from heart disease by 30 percent? Just one more reason to pack your plate with colorful veggies.

**February is Heart & Vascular Health Month**



## IN THE KNOW

### Hands-Only CPR Saves Lives

**Y**ou don't have to be certified in cardiopulmonary resuscitation (CPR) to save the life of someone who collapses from sudden cardiac arrest. In fact, the American Heart Association (AHA) has simplified CPR recommendations so that almost any bystander can do CPR using a hands-only method.

**Here's how:** If you see an adult suddenly collapse, call 911, then start chest compressions. Put the heel of one hand in the center of the chest, place the other hand on top of it and push hard and fast — about 100 times a minute. Don't stop until help arrives.

Currently, only one in four people who experience sudden cardiac arrest receive CPR from bystanders. Experts believe that many people shy away from doing CPR because they feel uncomfortable with



mouth-to-mouth breathing or fear they will cause additional harm.

The AHA says hands-only CPR is safe and works just as well for adults as the conventional technique that alternates rescue breathing with chest compressions. A five-year program in Arizona that encouraged the hands-only method helped push the rate of bystander involvement from 28 percent in 2005 to 40 percent in 2009.

Even more important, cardiac arrest victims who got hands-only

CPR were 1 1/2 times more likely to survive the episode than those who received conventional CPR.

Conventional CPR is still recommended for infants and children, as well as victims of drowning, drug overdose or a collapse due to breathing problems. To see how to save a life with hands-only CPR, watch a brief video online at [www.handsonlycpr.org](http://www.handsonlycpr.org).

## MONTHLY CHALLENGE

### Finish a Marathon the Easy Way

**T**his month, let the pink and red of Valentine's Day remind you to focus on your heart. To get your blood pumping, which strengthens the heart, try this cardiovascular challenge.



**What?** Run or walk the equivalent of a marathon (26.2 miles) over the course of a month.

**Why?** We all know exercise is beneficial to our health — it strengthens the heart and lungs, keeps body weight in check, and helps with balance. Yet following a fitness routine can be difficult. Setting and achieving a goal is a fun way to get into the habit of exercising.

**How?** Although 26.2 miles sounds daunting, when stretched out over 28 days, a "marathon" is manageable. To complete this challenge, simply walk .94 miles every day in February (about 15-20 minutes daily). If you round that number up to a mile a day, you'll finish the month with 28 miles under your belt.

For a tracking chart, tips for getting started, and a completion certificate, go to [www.h2u.com/challenge](http://www.h2u.com/challenge). Good luck!

## ACTION PLAN

### Fight Hypertension at the Dinner Table

**P**eople with hypertension may be able to eat their way to better health. Research shows foods high in fiber and potassium can help lower blood pressure levels and reduce the risk of stroke and heart disease. To get more of these nutrients in your diet, try these foods:



#### EGGPLANT

Adding a cup of cooked eggplant to your meal provides 10 percent of your daily fiber needs and 4 percent of your daily potassium.

#### PEARS

Packed with fiber and potassium, pears are also a great source of vitamins C and K. Try tossing slices of pears in your next salad.



#### BRUSSELS SPROUTS

Eating Brussels sprouts can help lower blood pressure and cholesterol. Steam Brussels sprouts to get the most nutrients.



#### WHOLE GRAINS

Two studies in the *American Journal of Clinical Nutrition* found that subjects who consumed higher amounts of whole grains were less likely to develop high blood pressure. Make a pilaf with bulgur instead of rice.

## RESOURCES

[www.eatright.org](http://www.eatright.org)  
[www.acefitness.org](http://www.acefitness.org)  
[www.fitness.gov](http://www.fitness.gov)  
[www.letsmove.gov](http://www.letsmove.gov)  
[www.h2u.com](http://www.h2u.com)

**For more information on H2U programs, visit:**  
[www.h2u.com](http://www.h2u.com) or call (800) 771-0428

H2U MEMBER BENEFITS

# Make A Heart Happy

Everyone likes to feel special on Valentine's Day. Whether you want to surprise your sweetheart, best friend, mother or grandchild with a gift on the 14th, your H2U discounts can help you spread the love with gifts from 1-800-Flowers and Fannie May chocolates. Here are a few creative ideas to help celebrate this heart-themed holiday:

## DARK CHOCOLATE FOR THE HEART

Did you know that eating moderate amounts of dark chocolate may be good for your heart? Dark chocolate contains antioxidants, which help destroy free radicals (the molecules linked to heart disease). Some studies show dark chocolate can also help lower blood pressure.



Create a gift assortment from Fannie May with dark chocolate hazelnut clusters. Or splurge on a classic favorite: chocolate-dipped strawberries.

**Fannie May discount:** 15 percent off gourmet fudge, truffles and classic assortments.

## A BOUQUET WITH A MESSAGE

For more than 200 years, people have been giving flowers to express love. In the language of flowers, red roses mean love, while white and red roses together mean unity.



Whatever flowers you pick, be sure to tuck a few sprigs of green into the bunch to wish the recipient health and good fortune.

Try the "It's All About You" bouquet from 1-800-Flowers, with red

roses, pink carnations and green button poms.

**1-800-Flowers discount:** 15 percent off all floral and gift purchases.

Log on to the member benefits page at H2U.com with your username and password to access your H2U member discount codes.



# Share the Health



H2U helps adults take charge of their health and enjoy life with a wealth of resources, including:

- Health to You publications
  - Online library, health tools and more at H2U.com
  - Member discounts from local affiliated hospitals
  - National savings on travel, health services, gifts and more
- Learn more at [www.h2u.com](http://www.h2u.com).

## new member application

Date \_\_\_\_\_ Amount Enclosed  \$20 (1 year)  \$35 (2 years) NL

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Gender  male  female Date of Birth \_\_\_\_\_

Check or money order payable to H2U enclosed

Visa or MasterCard (#) \_\_\_\_\_  
(expiration date) \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Assign my membership to the H2U program at: (hospital name) \_\_\_\_\_

**I am joining H2U for :**  Discounts  Health information  Social activities  
 Online health tools  Health screenings  Member hospital privileges

**The following health topics would interest me (please check all that apply):**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Heart & Vascular Health | <input type="checkbox"/> Men's Health       | <input type="checkbox"/> Diabetes Treatment & Education |
| <input type="checkbox"/> Women's Health          | <input type="checkbox"/> Health Seminars    | <input type="checkbox"/> Heartburn/Digestive Disorders  |
| <input type="checkbox"/> Caregiving              | <input type="checkbox"/> Immunizations      | <input type="checkbox"/> Pain Management                |
| <input type="checkbox"/> Health Screenings       | <input type="checkbox"/> Healthy Lifestyles | <input type="checkbox"/> Nutrition                      |
| <input type="checkbox"/> Cancer Prevention       | <input type="checkbox"/> Family Health      | <input type="checkbox"/> Obesity/Weight Management      |
| <input type="checkbox"/> Bone & Joint Care       | <input type="checkbox"/> Sleep Disorders    | <input type="checkbox"/> Cancer Detection & Treatment   |
| <input type="checkbox"/> Menopause               |   |   |

Give the gift of H2U membership to friends and loved ones. Gift applications are available online at [www.h2u.com/gift](http://www.h2u.com/gift). Or contact H2U at (800) 771-0428 for more information.



H2U national office  
P.O. Box 1300  
Nashville, TN 37202-1300

(800) 771-0428  
[www.h2u.com](http://www.h2u.com)

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for consultation with a physician.



### Community Health Lectures

All lectures are free, however, registration is required. Please call (866) 442-2362 to reserve your space.

#### NovaSoutheastern at Covenant Village

Tuesday, Feb. 8  
10:30 a.m.

Village Center

Victor Borge—Clown Prince of Comedy with David Yuen

Don't miss this class which will take you into the history, comedy and music of the clown prince of comedy, Victor Borge. For decades, Borge delighted audiences by making the usual seriousness of classical music, funny and for everyone. RSVP to (954) 472-3007.

#### Women's Wellness Program

Saturday, Feb. 12  
10:00 a.m.

Plantation General Hospital Classroom 4

"Medical Truth or False." Enjoy this interactive presentation to learn the truth about some of the common medical myths we hear each day. Our speaker is Anita Smith, Administrator Responsive Home Health. Continental breakfast will be

served. RSVP requested, please call (866) 442-2362.

#### Minimally Invasive Heart Valve Surgery

Thursday, Feb. 17  
2:00 p.m.

Covenant Village, Village Center, 9231 W. Broward Blvd., Plantation

Join us for this very interesting and informative program. The presentation will leave you in awe and amazement. Jonathan Hoffberger, MD, Cardiology is the guest speaker.

#### Health and Wellness Fair

Wednesday, Feb. 23  
10:00 a.m. - 12:00 p.m.

Plantation General Hospital Classrooms 1, 2 and 3

Free health screenings will be provided at this event including blood pressure checks, facial sun damage screening, hearing tests, balance screening, oral cancer screening, body mass index, and more. Nutritional education and community resource information available. Healthy snacks, give-aways and much more. RSVP requested. Call (866) 442-2362.

#### Cardiac Symposium

Thursday, Feb. 24  
5:30 p.m.

Cafeteria

Westside Regional Medical Center, 8201 W. Broward Blvd, Plantation

Recognizing February as National Heart Month, come hear from a panel of cardiac experts about the latest heart health information and technologies used to correct and repair our most precious organ. A light dinner will be served. RSVP by calling (866) 442-2362.



### Got a Health Question?

Feel free to call our Consult-A-Nurse Healthline at (866) 442-2362. Available 24 hours a day, seven days a week, you will be instantly connected with one of our friendly nurses who are ready to answer any question.

You can also use Consult-A-Nurse should you need a doctor's referral. Why drive out of town when we can help you find a specialist near you?

### The American Cancer Society's Look Good, Feel Better Program

The American Cancer Society's Look Good, Feel Better Program is now offered at Westside Regional Medical Center. Look Good, Feel Better is a non-medical, brand-neutral public service program that teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Volunteer beauty professionals support Look Good, Feel Better and are trained and certified by the American Cancer Society and the National Cosmetology Association. For more information call Liz at (954) 476-3994.

### Volunteers Needed

Plantation General Hospital and Westside Regional Medical Center

If you are not yet volunteering your time, please considering exploring the many opportunities available at both Plantation General Hospital and Westside Regional Medical Center. Be a part of our family and experience the joy in volunteering. Make a difference and call today

Marlene: (954) 513-6663  
Liz: (954) 476-3994

Sponsored by:



**h2U** HEALTH TO YOU MEMBERSHIP INFORMATION

Your local H2U offices:  
Plantation General Hospital  
401 Northwest 42nd Avenue  
Plantation, FL 33317  
(954) 513-6663  
Director: Marlene Crep

Westside Regional Medical Center  
8201 West Broward Blvd.  
Plantation, FL 33324  
(954) 476-3994  
Director: Liz Gassew