

American Heart Month

Cardiovascular disease, including stroke, is the No. 1 cause of death in the U.S., according to the American Heart Association. To join the battle against cardiovascular disease, Congress has required the President since 1963 to proclaim February American Heart Month.



Plan to Attend our Healthy Heart Wellness Fair and Ornish Open House

Jefferson Regional Medical Center will celebrate with two special events at the Jefferson Regional Wellness Center, 712 Clairton Blvd. (Route 51), Pleasant Hills. A Healthy Heart Wellness Fair will be held on Tuesday, Feb. 19 from 4 to 8 p.m., and a Taste of Ornish Open House is set for Tuesday, Feb. 26 from 6 to 8 p.m. Both events are free and open to the

public. Free parking is provided.

The FREE Healthy Heart Wellness Fair will include:

- Blood Pressure Screening
- Cholesterol Screening
- Risk Fact Analysis
- Nutritional Evaluation
- Body Mass Index Evaluation
- Pulse Oximetry Screening
- Food Sampling
- Ask the Pharmacist
- Exercise Demonstration
- Meet the Exercise Specialist
- Strength Training Demonstration
- Wellness Program Information
- Stress Management Demonstration

Medical professionals, including registered nurses, a registered dietitian, an exercise physiologist, pharmacist and stress management specialist, will be available to talk with fair participants.

The FREE Taste of Ornish Open House will include:

- Cooking Demonstration
- Ornish-Friendly Food Samples
- Stress Management Demonstration
- Meet the Dietitian
- Ornish Program Information
- Ask the Doctors
- Participant "Success Stories"

The Dr. Dean Ornish Program for Reversing Heart Disease is a comprehensive lifestyle modification program designed to assist participants in the management of heart disease by addressing key risk factors associated with its onset and progression. Through healthy lifestyle modification, the Ornish Program teaches participants how to improve their health and well being to live longer and healthier.

Free Giveaways!
Pre-registration preferred.
Call 412-469-7100.

Space is limited.
Registration required.
Call 412-469-7100.



COMMUNITY EVENT CALENDAR

(Some programs may require pre-registration.)

JEFFERSON
REGIONAL MEDICAL CENTER

Bibro Pavilion, Jefferson Regional Campus:

Free Community Stroke Screening: Call 412-469-7100 to register.

Feb. 22, 8 a.m. to noon. Limited spaces available. Includes blood pressure, body fat analysis, cholesterol, HDL and glucose screenings.

Hip and Knee Pain Seminar: Call 412-469-7100 to register. Free clinic on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on Feb. 12, 10 to 11 a.m.; also on March 11, 10 to 11 a.m.

Diabetes Education: Call 412-469-5234 to register. Take Control of Your Diabetes Four-part series with a certified diabetes educator on March 11 and 18 from 1 to 3:30 p.m. and March 13 and 20 from 1 to 3 p.m. Physician referral and registration required to attend classes. Most insurances cover the fee.

Senior Services Computer Classes: Call 412-469-7099 to register.



There is a \$40 fee for two 2-hour sessions from 9:30 to 11:30 a.m.

- **Basic Computers 3 & 4**, March 17 and 24
- **The Internet 1 & 2**, Feb. 27 and March 5
- **Basic Computers 1 & 2**, March 3 and 10
- **E-mail 1 & 2**, March 12 and 19
- **Basic Digital Camera 1 & 2**, March 26 and April 2
- **The Internet 1 & 2**, March 31 and April 7

Senior Services Caregiver Series: Call 412-469-7099 to register.

Caregiving: Practical Tools for the Caregiver, March 10, 5 to 7 p.m., with speaker Gloria Strang, RN, MSN, health education specialist

Caregiving: A Spiritual Journey, April 9, 5 to 7 p.m., with speaker Judi Pasino, MDiv, director, Spiritual Care

Health for Her: Call 412-469-7100 to register.

Getting to the Heart of It: How Stress and Anxiety Impact Heart Disease, Feb. 11, 5 to 7 p.m., with Jack Smith, MD, cardiologist

Latest Treatment in Migraine Therapy,

Feb. 21, 5 to 7 p.m., with Nathan Bennett, MD, family practice physician

Demystifying MRSA: Understanding the Antibiotic-resistant Bacteria, April 3, 5 to 7 p.m., with Jeffrey Burket, MD, and Beverly Flannery, RN.

Look Good, Feel Better: Call 1-800-227-5445 to register.

Class focuses on skin care, makeup, hair styling and general well being for women who are undergoing cancer treatment, April 2, 11 a.m. to 1 p.m..

Nutrition Link: Call 412-469-7001 for details. This program offers one-on-one nutrition counseling with a registered dietitian certified in diabetes education.

Sleep/CPAP/BIPAP Open House: Call 412-469-5981 for details. Personalized session for anyone with questions about sleep or Continuous Positive Airway Pressure (CPAP) therapy on Wednesdays from 9 a.m. to noon and by appointment in the Sleep Disorder Center, Suite 503, South Hills Medical Building.

Medical Career Explorers, program for high school students interested in health-field careers. Annual registration is \$10 payable for Greater Pittsburgh Council. Feb. 7, also March 6, 7 p.m., J Café, 2nd floor, hospital. Call 412-469-7137 to register.

Free Foot Screenings at Outpatient Testing Site in Baldwin

Approximately 16 million people have diabetes in the United States. Nearly half of them develop diabetic neuropathy, which is characterized by numbness, weakness, and more importantly, loss of protective sensation in the feet.

If you or any member of your family has diabetes and has not had a foot inspection in the past year by either a personal care physician or a podiatrist, Jefferson Regional Medical Center can help.

Jefferson Regional will offer free foot screenings from 1 to 3 p.m. on Thursday, Feb. 14, and Thursday, March 13, at the Jefferson Regional Outpatient Testing Site, 5235 Clairton Blvd. (Route 51, approximately four miles north of Jefferson Regional Medical Center) in Baldwin. The free screenings are available on a walk-in basis only; no appointments are needed. There is ample free parking close to the entrance of the facility.



Jefferson Regional Outpatient Testing Site, Route 51

(across from CVS), Baldwin
No appointment necessary;
Just walk in!

Free Foot Screening, Feb. 14 and March 13 from 1 to 3 p.m.

Free Balance Testing, March 20 from 1 to 3 p.m.

Jefferson Regional Wellness Center, Route 51, Pleasant Hills

Call 412-469-7805 to register.

Highmark Personal Nutritional Coaching, by appointment only.

Caste Village Mall, Suite M123, Counseling Center, Whitehall

Call 412-469-7100 to register.

Free lunch-time seminars from 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD:

Understanding and Alleviating Depression and Anxiety, Feb. 18; also March 31

Coping with Grief and Loss, March 10

Caste Commons Lobby

Free blood pressure monitoring and medication checks from 9 a.m. to noon on Thursdays in February and on March 13, 20 and 27.

Jefferson Regional Health Professionals @ Wal-Mart Pharmacy, West Mifflin

Pictures of the Heart, with Nuclear Medicine staff, Feb. 21, 11 a.m. to 1 p.m.

Pulmonary Rehab Week, with Cardio-pulmonary Services staff, March 13, 11 a.m. to 1 p.m.

National Sleep Awareness Week, with Sleep Lab staff, March 18, 11 a.m. to 1 p.m.

Smart Patient, Performance Improvement/Patient Safety staff, March 25, 11 a.m. to 1 p.m.

Colon Health, Oncology, March 25, 1 to 3 p.m.

Foot Screening/Diabetic Teaching, Diabetes Education/Wound Care Center, March 27, noon to 3 p.m.

Medication Clinic/Blood Pressure Checks with the Pharmacy staff from 9 a.m. to noon on Wednesdays in February and March.

Detailed listings are available
on our Web site,
www.jeffersonregional.com