

Women at Heart

St. Vincent's Regional Heart and Vascular Center

What is the No. 1 cause of death for all American women? The answer may not be what you think. Every year, more women die of heart disease than cancer. As a woman, that is something you should know.

"Women with cardiovascular disease differ from men and can also present with uncommon or confusing symptoms that are vague and difficult to diagnose," notes Lawrence S. Schek, M.D., Vice President and Chairman of the Department of Cardiology at St. Vincent's Medical Center, Bridgeport, Connecticut. "Our Women at Heart program reflects St. Vincent's commitment in Connecticut to address the wide variety of cardiovascular related issues women face. Possessing the most up-to-date technology, St. Vincent's Regional Heart & Vascular Center can help with early detection, diagnosis and proper treatment of heart disease in women.

"We utilize the latest and most technically advanced equipment and procedures for cardiovascular care available. This includes outstanding cardiothoracic surgery for bypass and valve procedures, advanced surgery for atrial fibrillation, as well as a full range of electrophysiology services that include implantation of devices to treat heart rhythm disturbances.

"We reach out specifically to our female population with our Women at Heart program, which is located in the Regina L. Cozza Center for Women," Dr. Schek continues. "Women are able to receive cardiovascular screenings, cardiac rehabilitation, educational information, attend seminars and nutritional and stress reduction counseling are also available."

A History of Excellence

Receiving a 5-star ranking from 2003 to 2012, by *HealthGrades* for heart attack survival and most recently receiving a 5-star ranking for its interventional cardiology, St. Vincent's Regional Heart and Vascular Center provides women with a comprehensive range of leading-edge cardiovascular



Women at Heart is a heart care club especially for women. This club reflects St. Vincent's commitment in Connecticut for heart-related diagnosis, education and treatment for women.

care. In fact, the Regional Heart and Vascular Center's new Hybrid OR represents the next step in bringing a whole new spectrum of the latest cardiovascular therapies to the region.

"Combining these technologies with a multidisciplinary team of top-notch physicians allows us to give our patients the very best care," says Dr. Schek. "It's a unique program that provides many patient advantages.

"Perhaps most importantly, we engage in many activities specifically designed to improve the quality of care we deliver. We have an unwavering commitment to provide safe, effective, patient-centered care that produces the best possible outcome for our patients and a swift return home without complication."

St. Vincent's Regional Heart and Vascular Center provides a full range of cardiovascular care, from evaluation and diagnosis through treatment and rehabilitation and is one of New England's premier centers for cardiac and open-heart procedures. For more information, or to schedule an appointment, please call 1-877-255-SVHS (7847).

Visit the website at www.stvincents.org

About Women at Heart

The Regina L. Cozza Center
(203) 576-6119

- Discounts on Cardiovascular Screenings
- Educational seminars and lectures on cardiac issues for women
- Access to free newsletters and health education
- Nutritional counseling
- Certified cardiac rehabilitation program
- Stress reduction counseling
- Individualized exercise and fitness assessment
- Beginning Spring 2012 – Celebrity Guest Speakers on Heart Disease



REGINA L. COZZA CENTER

