

Love Your Heart

Comprehensive Heart Screening

Saturday, February 28
7 a.m. – Noon

Pomerado Outpatient Pavilion, Fifth Floor
(Adjacent to Pomerado Hospital)
15611 Pomerado Road
Poway, CA 92064

Cardiovascular disease is the leading cause of death among women and men today, often because many treatable conditions go undetected. Take advantage of this discounted heart screening made possible by Palomar Pomerado Health.

Screening includes:

- ♥ Blood Pressure
- ♥ Lipid Cholesterol Panel
- ♥ Blood Glucose Test
- ♥ Cardiac C-Reactive Protein Blood Test
- ♥ Cardiac Risk Profile
- ♥ Resting EKG
- ♥ BMI (body mass index)
- ♥ Nutrition Information
- ♥ Heart Health Consultation

FEE: \$60 per person – appointment required*

To register, call **The HealthSource** at **800.628.2880** or visit **www.pph.org** and click on “Classes and Events.” Men and women age 18 and older are welcome. Fasting is recommended.

*Appointments will last approximately 45 minutes each.

Heart Attack Warning Signs

- ♥ Chest discomfort
- ♥ Shortness of breath
- ♥ Discomfort in other areas of the upper body
- ♥ Breaking out in a cold sweat, nausea or light-headedness

CALL 9-1-1 FOR HELP!

6 Risk Factors for Heart Disease

- ♥ High Cholesterol
- ♥ High Blood Pressure
- ♥ Smoking Tobacco
- ♥ Physical Inactivity
- ♥ Overweight and Obesity
- ♥ Diabetes

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