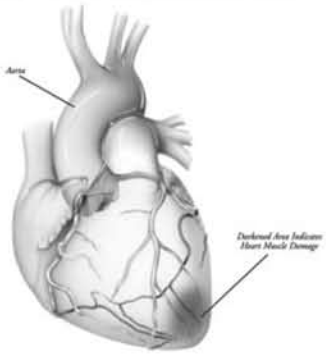


Prevention Campaign

Educational Information From St. Peter's Cardiac Center

Are You At Risk?



Live Healthy

There are several factors, which increase your chance of getting heart disease, any one of which can double the risk of heart attack.

- Family history
- Elevated blood cholesterol
- Physical inactivity
- Stress
- Diabetes
- Obesity
- High blood pressure
- Cigarette smoking

Elimination of risk factors is the first step in heart attack prevention. Knowing that some risk factors - age, family history and gender - cannot be changed, provide even greater incentive to reduce the risks which can be controlled.

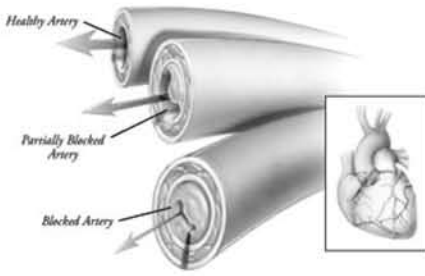
The more you know about the causes and treatments of heart disease, the better prepared you'll be to prevent it.

St. Peter's Cardiac Center
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 HEALTHGRADE 5 STAR Cardiac Program
 TOP 100

For a free cardiac risk assessment call: 1-800-HEART-76

Educational Information From St. Peter's Cardiac Center

Danger: The First Signs



Know The Signals

Many symptoms can signal an impending heart attack, and it is important for you to recognize and immediately report any of the following warning signs to your physician:

- Recurrent chest pain, fullness, aching in the center of the chest (may spread to your shoulders, neck or arms)
- Dizziness
- Severe indigestion
- Sweating
- Nausea
- Shortness of breath

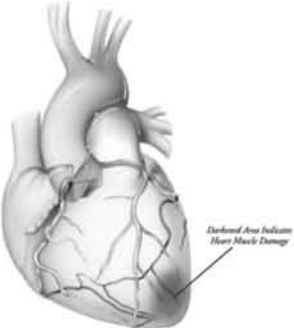
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Heart Attack



Are You At Risk

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- Obesity
- High blood pressure
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Elimination of risk factors is the first step in heart attack prevention. Knowing that some risk factors - age, family history and gender - cannot be changed provides even greater incentive to reduce the controllable risks.

The First Signs Of Danger

Many symptoms can signal an impending heart attack, and it is important for you to recognize and immediately report any of the following warning signs to your physician:

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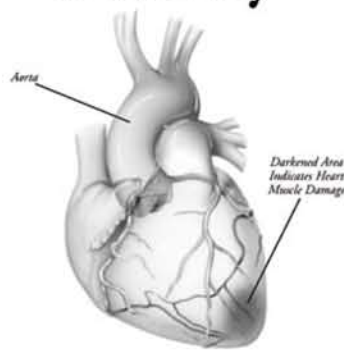
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Prevention is the Key



Know Your Risk For Heart Disease

Your well-being is our first priority. If you have any questions about heart disease or need practical suggestions to best reduce your risk of heart attack, we can help. We're here to help you learn more about cardiovascular health. Call us for your free cardiac risk assessment.

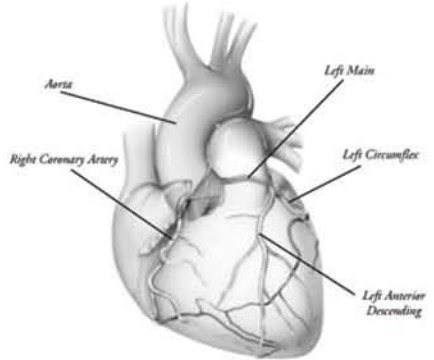
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The Heart



Your Heart And You

Your heart beats approximately 100,000 times each day, pumping 2,100 gallons of blood throughout your body. If you're like most people, however, you give that remarkable process little thought...until something goes wrong! Coronary arteries, which carry oxygen-rich blood to the heart muscle, can become blocked by fatty deposits called plaque. If a blood clot forms in an obstructed artery, cutting off all blood flow, a heart attack can result. You can help prevent such an attack by minimizing or eliminating risk factors.

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