

**NEWS RELEASE**

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**ST. JOSEPH'S TO HOST HEART FAIRE**

*Free heart health educational event open to the community*

**STOCKTON, January 27, 2012** – Think you're too young to worry about heart disease or having your cholesterol checked? Are you sure you'll feel signs and symptoms of high blood pressure or even the onset of a heart attack? In fact, heart disease can affect people of any age, and many don't recognize, or even experience, the signs and symptoms of high blood pressure or high cholesterol. St. Joseph's wants to clear up these common myths and help you learn more about the state of your own heart health.

The community is invited to attend St. Joseph's Heart Faire on **Tuesday, February 14, 2012, from 8 a.m. to 3 p.m.**, in the lobby of St. Joseph's Medical Center, 1800 N. California Street, Stockton. This **free** event honoring February Heart Month will feature heart healthy screenings and displays including blood pressure checks, diabetes blood sugar screenings, body mass measurements, cardiac rehabilitation, the Mended Hearts Support Group, medical products and devices such as pacemakers and stents, and much more. Educational information focusing on heart health awareness, women and heart disease, nutrition, smoking cessation, stroke and diabetes will be available. Representatives from St. Joseph's Heart Center will be on hand to share information about new technology, our STEMI program, and exceptional cardiovascular outcomes.

In addition to the Heart Faire, St. Joseph's presents *Insights in Cardiovascular Care*, a cardiovascular symposium for health care professionals, on Saturday, February 11, 2012, at Brookside Country Club.

Please contact St. Joseph's Education Department at 461-5061 for more information or visit [StJosephsCares.org/Heart](http://StJosephsCares.org/Heart).

St. Joseph's offers free classes to help individuals learn more about heart disease, diabetes, and other health-related issues. On Tuesday, February 21, 2012, "*Taking Control of Congestive Heart Failure*" will be held in St. Joseph's Medical Center Classroom 1, from 10:00 a.m. – 12:00 p.m. This class will help those who have been diagnosed with Heart Failure (CHF) – giving information about the symptoms, the causes, the risks, plus how to control them with diet, rest and activity, and medications. To pre-register for this free class, please call 461-5061.

The eight-part diabetes series, *Basics to a Healthy Life*, also runs on a regular basis. The series is designed for people who want to learn the latest information based on current research. Learn how to take control of your disease through self-management skills that will help you stay well and prevent further complications. **These classes are free of charge.** Visit [StJosephsCares.org/Diabetes](http://StJosephsCares.org/Diabetes) for more information.

#### **About St. Joseph's Medical Center**

St. Joseph's Medical Center is a not-for-profit, fully accredited, regional hospital with 359 beds, a physician staff of over 400, and more than 2,400 employees. St. Joseph's specializes in cardiovascular care, comprehensive cancer services, and women and children's services including neonatal intensive care (NICU). St. Joseph's Medical Center is the largest hospital, as well as the largest private employer in San Joaquin County. In addition to being nationally recognized as a quality leader, St. Joseph's is consistently chosen as the "most preferred hospital" by local consumers. Founded in 1899 by Fr. William O'Connor and administered by the Dominican Sisters of San Rafael, St. Joseph's continues to lead the region in medical innovation as well as ongoing clinical research, developing tomorrow's advancements, today. St. Joseph's Medical Center is committed to delivering compassionate, high-quality, affordable healthcare services with special attention to the poor and underserved. In 2011, St. Joseph's provided over \$44 million in charity care, community benefits, and unreimbursed patient care. St. Joseph's Medical Center is a member of Dignity Health (formerly Catholic Healthcare West), the fifth largest health system in the country with a network of more than 150 ancillary care sites and 40 acute care hospitals across Arizona, California, and Nevada. For more information, please visit our website at [www.StJosephsCares.org](http://www.StJosephsCares.org).

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