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MEDIA RELEASE

For Immediate Release

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Take Your Health to Heart!

The Middlesex Hospital Alliance (MHA) is offering a new free program all about keeping your heart healthy – especially if you are recovering from hospitalization because of heart disease. “The program combines advice and information on food choices, weight loss, exercise and lifestyle – all of the factors that can lower your risk for future heart problems and increase your recovery confidence,” Mike Mazza, CEO of Middlesex Hospital Alliance, says.

Heart Health Education Program is offered at the Strathroy site every Thursday in the lower boardroom. Each Thursday throughout the month, a different health care practitioner will lead the session including; a nurse, pharmacist, dietitian, physiotherapist and a social worker. For instance, on the first Thursday, a nurse or pharmacist will provide general information on heart disease and the importance of lifestyle changes to manage it. The second session, on the following Thursday, will focus on diet and nutrition issues, such as weight loss, but also information on reducing fat, sodium and cholesterol. In the third session, a physiotherapist will discuss the importance of physical activity in maintaining heart health and in the final session, a social worker will focus the discussion on managing lifestyle changes for those diagnosed with heart disease.

“It’s a beneficial program for anyone interested in learning how to improve overall heart health,” Cailee Heggstad, registered dietitian at Strathroy site, says. The program is designed especially for anyone recovering from hospitalization for treatment of heart disease, and their families, and it will also be helpful for anyone with heart disease, or at higher risk of getting heart disease, such as those with high blood pressure, high cholesterol or diabetes.

Mazza says “As a centre of health care, the MHA wants to help our area residents to contribute to their own best health, through education, support and health promotion. Through programs such as this, the MHA can help our clients to be active participants in their own good health.”

The program is free, but registration is required. For more information or to register please call the MHA Strathroy site at 519-245-5295 ext 5722.