



NEWS RELEASE

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Contact: *Rebecca Humbard*
(904) 246-7494
sister@callaghanagency.com

National Woman's Heart Day Fair Offers Free Screenings, Advice for Jacksonville Women

Heart Disease, the Leading Killer of American Women, Is Largely Preventable

Jacksonville, FL – Heart disease is the leading cause of death in American woman, killing more women than all types of cancer combined. Yet only 13 percent of women consider heart disease to be their greatest health risk. That's why it's critical that women get screened to learn their own risk factors for heart disease and take steps to reduce them.

Women can obtain free heart health screenings with on-the-spot results and advice on adopting heart-healthy lifestyles at the **National Woman's Heart Day® Health Fair** on Friday, February 17, 2006. Sponsored by Sister to Sister: Everyone Has a Heart Foundation, Inc., Baptist Health and Landstar, the health fair will be held at Jacksonville Indoor Sports from 8 a.m. to 6:30 p.m.

Speakers include:

10 a.m.

Women's Health: A Focus on Your Heart

Sally-Ann Pantin, MD

Family Medicine

12:30 p.m.

Stroke: What You Need to Know

Signs, Symptoms and Risk Factors

Doreen A. Donohue, RN, MSN, CNAA

Director, Oncology and Neuroscience

Baptist Medical Center Downtown

2 p.m.

Women's Heart Health and Peripheral Vascular Disease

Girish Shroff, MD

Cardiovascular Disease, Internal Medicine

3 p.m.

Women and Their Hormones

Mitzi Brock, MD

Obstetrics and Gynecology

4 p.m.

Healthy Heart: What Every Woman Should Know

Pamela Rama, MD
Cardiovascular Disease, Internal Medicine

5:30 p.m.

Women's Health: Prevention and Detection

Candice Gonzalez, PA-C
Physician Assistant
Baptist Primary Care

“Heart disease kills one out of three American women,” said Carol Thompson, executive vice president for Baptist Health. “Providing heart health screenings so women can learn about their personal risk factors and how to reduce them is a key step in prevention and treatment.”

At the Jacksonville [National Woman's Heart Day®](#) fair, women can learn their cholesterol, blood pressure and blood glucose levels and body mass index from the 15-minute heart health screenings. Results are provided on-site and include an overall risk assessment and counseling. Women also can participate in fitness and cooking demonstrations; learn from experts on diabetes, nutrition, obesity, fitness, smoking cessation, stress management; and even get a free massage. Prizes and giveaways will be offered as well. For more information on the fair, please e-mail sister@callaghanagency.com or call (904) 246-7494.

The heart health screening fairs occur annually across the nation on the third Friday in February, officially declared National Woman's Heart Day by the federal government. This year, Sister to Sister is sponsoring heart health screening fairs in 11 other cities across the country.

“The good news is that women can lower their risk of heart disease by as much as 82 percent through simple lifestyle changes,” said Irene Pollin, founder and president of Sister to Sister. “Women, who do so much for others, must take care of their own hearts. This screening may be the best 15 minutes they ever spend!”

Local sponsors include Landstar, Standard Pacific Homes, Southpoint Community Church and Wachovia. Local partners are Baptist Health, First Coast News, Johnny Carino's Italian Restaurant, Clearchannel Outdoor, Salem Communications, Norsan Broadcasting and Money Pages. National partners include Quaker Oatmeal, Tropicana, America Online, Discovery Health Channel, BET, Lifetime Foundation and Woman's Day.

In 2005, half of the more than 8,000 women that Sister to Sister screened were found to have two or more risk factors for heart disease. A significant number of them were unaware of their risk before the screening.

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Sister to Sister is a 501(c)(3) foundation that is dedicated solely to bringing free heart disease screenings and “heart-healthy” information and support to women to prevent heart disease. For more information, please e-mail sister@callaghanagency.com or call (904) 246-7494.