February is American Heart Month

**CALENDAR OF EVENTS**

**A Heartfelt Invitation to Our Community**

**SATURDAY, FEBRUARY 4**

**Vascular Screenings**

Participants should be 60 or older with one or more of the following risk factors: current or past smoker, high blood pressure, high cholesterol, diabetes, heart disease or a family history of aortic aneurysm. Pre-registration and a brief qualifying interview are required by calling 638-2100.

8 am to 4 pm

Heart Institute, Level 5

**MONDAY, FEBRUARY 6**

**Lecture: “Heart Disease in Women”**

Kathleen Stergiopoulos, MD

Learn about the current issues in diagnosis and treatment.

noon to 1 pm

Heart Institute, Level 5

Conference Room

**TUESDAY, FEBRUARY 7**

**Lecture: “Depression and Heart Disease: Not Just a Simple Case of the Blues”**

Virginia A. Coletti, PhD, RN, NPP, CARN, CS, and Corrine Jurgens, PhD, RN, ANP-BC

Depression predicts health outcomes and quality of life. Increased awareness of and screening for depression among patients with heart disease is important. Mechanisms of depression, diagnosis, differences based on gender and the importance of treatment will be discussed.

noon to 1 pm

Heart Institute, Level 5

Conference Room

**SUNDAY, FEBRUARY 5**

**Cholesterol Screening**

Do you know what your numbers are, and what they mean? No fasting necessary.

8 am to 11 am

Main Lobby

Conference Room 1

**WEDNESDAY, FEBRUARY 8**

**Lecture: “The Benefits of Exercise: How to Start and Progress an Exercise Program”**

Carla Caruso, PTA, CPT

Learn tips for beginning or progressing that much needed heart-healthy exercise program.

noon to 1 pm

Main Lobby

Conference Room 2

**THURSDAY, FEBRUARY 9**

**CPR and AED Demonstration**

Learn lifesaving CPR skills and how to use an AED (automated external defibrillator).

1 pm to 3 pm

Heart Institute, Level 5

Conference Room

**MONDAY, FEBRUARY 13**

**Lecture: “Women and Heart Disease: Mending a Broken Heart”**

Luis Gruberg, MD

Learn how the incidence, presentation, degree and prognosis of heart disease differ between the sexes.

noon to 1 pm

Main Lobby

Conference Room 1

**TUESDAY, FEBRUARY 14**

**Lecture: “Cardiovascular Imaging in Women”**

Smadar Kort, MD

Learn about the current diagnostic tools used in performing cardiac imaging in women, as well as some of the common indications and challenges.

noon to 1 pm

Main Lobby

Conference Room 1

**WEDNESDAY, FEBRUARY 15**

**Lecture: “Mechanical Solutions to Advanced Heart Disease”**

Hal Skopicki, MD, and Kathleen Newton, ANP

When and why is a ventricular assist device (VAD) used? A discussion about how this advance in technology can help improve quality of life for individuals with late-stage heart failure.

noon to 1 pm

Main Lobby

Conference Room 2

**FRIDAY, FEBRUARY 17**

**Lecture: “Nutrition and Heart Disease: What Are the Best Things to Eat?”**

Anne Marie Berggren, RD

A review of heart-healthy foods that should be enjoyed more often, and have a chance to win an American Heart Association “Party Host Kit” so you and your family and friends can learn to cook heart-healthy meals.

noon to 1 pm

Main Lobby

Conference Room 2

**STONY BROOK UNIVERSITY/SUNY IS AN AFFIRMATIVE ACTION, EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER. IF YOU REQUIRE A DISABILITY-RELATED ACCOMMODATION, PLEASE CALL (631) 444-4000. 12010761H**

Parking is free and will be validated for those attending screenings and lectures. During the lectures, light refreshments will be served. Space is limited. To RSVP, please call (631) 444-4000. For more information, visit [stonybrookmedicine.edu](http://stonybrookmedicine.edu)