



News Advisory

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Vancouver Women Take Heart™ Free screenings and hands-on tools for women and their families, to lower their risk of heart disease around National Healthcare Week

- WHO:** The Hope Heart Institute and Sea Mar will host a free Women Take Heart™ night to reach women and their families with screenings and information to lower their risk of heart disease, the #1 cause of death in America.
- WHAT:** Health screenings for uninsured women of poverty to include cholesterol, blood pressure, glucose, pap smear, and breast exam – pre-registration is required. The free screenings are only open to women without health insurance and who are 250% of the federal poverty income level. Booths and other activities are for the whole family.
- WHY:** To encourage women to make healthy food and fitness choices and prevent heart disease, in the midst of National Healthcare Week.
- Hispanic women develop heart disease risk factors ten years earlier than Caucasian women.
 - 34% of Hispanic women were aware that heart disease is their greatest health threat.
 - More than two-thirds of all cardiovascular incidents in women could be prevented with lifestyle choices in diet and fitness.
 - On the average, women take 2-4 hours longer than men to respond to symptoms of a heart attack.
- WHEN:** **Saturday, August 13, 2011 | 10:00 – 3:00**
- WHERE:** **Sea Mar | 7410 E. Delaware Lane | Vancouver | 98664**
- REGISTER:** **Registration required** at 360-566-4427. Space is limited.
- SPONSORS:**
- The Hope Heart Institute (funded in part by NHLBI Heart Truth)
 - Sea Mar Community Health Centers
 - LabCorp

About The Hope Heart Institute

The Hope Heart Institute has a 50-year history of revolutionary medical advances and educational curricula that make heart disease - America's No. 1 cause of death - more treatable, beatable, and preventable. We are a Bellevue, Washington-based 501(c)(3) non-profit. For more, visit www.hopeheart.org.

About Sea Mar

Sea Mar Community Health Centers, founded in 1978, is a community-based organization committed to providing quality, comprehensive health and human services in Washington State.