

Heart care in perfect rhythm with your world

The power of possible. It's what our team of over 450 cardiovascular specialists delivers. Like a heart valve that gives new life to people who can't undergo open heart surgery. Innovations to restore blood flow faster after a heart attack. And academic medical centers participating in over 65 clinical research trials. We're orchestrating excellence in cardiovascular care—all heart-wired for the way you live.

With more hospitals in the *U.S. News & World Report* top 10 than any other health care network in New Jersey, exceptional care is always a heartbeat away.

HackensackMeridianHealth.org/Heart
844-HMH-WELL



Hackensack
Meridian *Health*

Life years ahead



Take Charge of Your Heart

Exceptional Care is a Heartbeat Away

Few women think cardiovascular disease is their greatest health threat, but it's the number one killer for both men AND women. At Hackensack Meridian Health, our interdisciplinary team of heart specialists has developed a powerful program based upon the premise that minutes always count.

With 11 hospitals throughout New Jersey, finding exceptional cardiac care is always close to home. Take five minutes to learn the risk factors – it can be lifesaving.

5 MINUTES

Take Five & Stay Alive

February is heart month. Take five minutes to complete our online Heart Health Risk Assessment. Visit HMHheart.com/StayAlive to find out if you are at risk for cardiovascular disease.



Women tend to minimize symptoms, waiting an average of 54 hours before seeking treatment compared to men, who wait about 16.



Women are twice as likely to die when a heart attack strikes under the age of 50.



Heart disease strikes someone in the U.S. about once every 40 seconds.



64% of women who die suddenly of heart disease displayed no previous symptoms.

“ Cardiovascular disease is not an old man’s disease. In fact, more women die of heart disease each year than all cancers combined. It’s not about age, it’s about prevention and early detection. ”



Brett A. Sealove, M.D., FACC, RPVI

Cardiologist, Hackensack Meridian Health Jersey Shore University Medical Center



Hackensack
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