



Why you should take

CARDIAC HEALTH TO HEART

February is Heart Health Month, a time of year when we reevaluate our daily routine and make time for better heart care. Coronary heart disease is the leading cause of death among women and, according to Stanford Health Care, approximately 18,900 females under the age of 65 die from it each year. Luckily, there are ways to proactively stop heart disease before it happens.

To prevent heart disease, women can make small, but important, life changes. For example, incorporating regular exercise into your daily routine is one way to lower blood pressure, strengthen heart muscles and eliminate stress. Just 30 minutes of aerobic exercise, five days a week, can drastically improve your heart health. In addition, certain foods can make a huge impact on cardiac health. Fish, nuts and seeds, for example, are excellent sources of protein and omega-3 fatty acids, which

can lower high blood pressure and cholesterol. Being a non-smoker is also essential for maintaining physical and mental health as a whole.

Leading the way in cardiac and thoracic surgery, The Stanford Cardiac Surgery Program at Dameron Hospital brings the highest level of care to San Joaquin County. Residents don't need to leave the comforts of their community to receive excellence in health care. Now available in the heart of San Joaquin County, this program makes state-of-the-art technology and advanced surgical techniques more accessible than ever before. Comprised of surgeons who are faculty members in the Stanford University School of Medicine's Cardiothoracic Surgery Department, The Stanford Cardiac Surgery Program at Dameron Hospital gives patients the opportunity to receive innovative treatment from the greatest minds in medicine.

“Stanford Health Care is creating new delivery models to create seamless continuity of care for every patient. This new program will enhance the standard of surgical care available in the community and leverages the best of what Stanford Health Care and Dameron bring to the table, respectively, as health care providers.”

—**Joseph Woo, MD** *Chairman of the Stanford School of Medicine Cardiothoracic Surgery Department*

DAMERON HOSPITAL

To learn more about the Stanford Cardiac Surgery Program at Dameron Hospital, visit

www.dameronheartsurgery.com

Heart Disease **IN AMERICA**



APPROXIMATELY 2,200 AMERICANS
DIE OF CARDIOVASCULAR DISEASE
EACH DAY.

92
MILLION

APPROXIMATELY 92.1 MILLION AMERICAN
ADULTS ARE LIVING WITH SOME FORM OF
CARDIOVASCULAR DISEASE OR THE AFTER-
EFFECTS OF STROKE.

45.1%

45.1% OF DEATHS IN THE U.S. CAN BE
ATTRIBUTED TO CORONARY HEART DISEASE.



EVERY 40 SECONDS, AN AMERICAN WILL
HAVE A HEART ATTACK.

34%

ROUGHLY 34 PERCENT OF AMERICAN ADULTS
HAVE HIGH BLOOD PRESSURE.

Dameron Hospital and Stanford Health Care
an Extraordinary Partnership



Stanford
HEALTH CARE
STANFORD MEDICINE

Cardiac Surgery
In affiliation with
Dameron Hospital