



BE SURE
to be there for the
moments that matter.

February offer:
\$49 Cardiac Calcium Scoring

February is American Heart Month, and **Miami Cardiac & Vascular Institute** is helping you take charge of your heart health with a **\$49 cardiac calcium scoring**, a 30-minute, noninvasive CT scan that measures calcium buildup in your artery walls. Nothing is more important for you and your family than keeping your heart healthy.

To schedule an appointment:
Call **786-573-6000** or visit **BaptistHealth.net/HeartScreening**.
Must schedule appointment by February 15.

Visit BaptistHealth.net/HeartScreening to determine if you are a candidate.



Miami Cardiac & Vascular Institute

BAPTIST HEALTH SOUTH FLORIDA

Love Your Heart More

for the moments that matter

We all have moments in life that we don't want to miss. But being there for the ones you love means being there for yourself first. The Centers for Disease Control and Prevention estimates that about 610,000 people die of heart disease in the U.S. every year. But know that you can take steps to make sure your chances of survival are the best possible.

Here are the stories of three incredible survivors and their journeys toward taking control of their heart health. Their unique experiences have one thing in common: the care and expertise of Miami Cardiac & Vascular Institute by their side.



**Beatriz
Martinez**

Eight years ago, Beatriz Martinez had a heart attack. It started early in the morning with dizziness and slight chest pains during her workout. Then, in the evening, when the pain worsened, she knew she needed expert care. At Baptist Hospital, Beatriz was immediately treated and transferred to Miami Cardiac & Vascular Institute. Today, she considers her heart attack a blessing in disguise. "It changed my life and I learned how to take care of my body, my heart and myself." Her biggest advice to those reading her story? "Know your numbers." As a WomenHeart champion who visits and offers advice to fellow heart attack survivors, Beatriz emphasizes just how important it is to know and manage your blood pressure and cholesterol numbers. "Change your lifestyle. Exercise, eat healthy, and take your medication. Be careful; it's better to go and check your heart and make changes," she says.



**Cristina
Totorica-Gil**

As an assistant principal and mother of an active 15-year-old son, Cristina Totorica-Gil knows life can be demanding. But she never considered herself a candidate for a heart attack. She had been exercising regularly for almost 10 years, and was "as healthy as I thought I could be." But during a routine workout, she felt chest pains and numbing in her arm and knew something was wrong. She called 911 and her team of doctors and staff at Baptist Hospital took immediate action. Cristina then enrolled in a rehab program at Miami Cardiac & Vascular Institute to build back her endurance and agility. After her heart attack, Cristina realized she needs to take life more easily. "Everything can be replaced, but my son's mom can't be," she said. She encourages others to get routine checkups, especially those with high cholesterol and hypertension.



**David
Denmark**

Life is precious, and no one knows that better than Miami-Dade homicide detective David Denmark. For him, every day at work "teaches you what life is about — and how fast it can go," he said. David exercised daily and watched what he ate. He had a fast-paced job and high blood pressure, but never expected a stroke that left his entire right side paralyzed. Upon arriving at Baptist Hospital, he was surrounded by an entire team of physicians and staff who were constantly reassuring him. David grew up seeing Baptist Health in his community and always trusted in the "iconic" healthcare provider. "Feeling good in a hospital is hard to do... but they changed the way I look at what [doctors] do." Thanks to the care of Baptist Health, David is watching his son grow up and just celebrated 27 years with the Miami-Dade police force. After his release, David received a heart monitor implant and proactively meets with his doctor at Miami Cardiac & Vascular Institute every six months. He credits Baptist Health for saving his life and his stroke for changing it. Today he lives fully and cautiously by paying close attention to his body, documenting any changes and taking steps toward managing his heart health.

Being there for the ones you love means being there for yourself first.

February is American Heart Month and an opportunity for us to remind you just how crucial it is to be proactive about your heart health. Love your heart more for the moments that matter. Take the first step at [BaptistHealth.net/HeartScreening](https://www.baptisthealth.net/HeartScreening).

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