



**AARON,  
RETIRED NAVY SEAL  
OF 16 YEARS**

# We're Working Toward Healthier Tomorrows

**At Methodist Healthcare, our heart network is the largest provider of cardiovascular services in South Texas.**

how's your ?  
AMERICAN HEART MONTH

**36  
SECONDS**

One person dies every 36 seconds from heart disease.

**25%**

of adults do not engage in leisure-time physical activity.

**38%**

of US adults have high cholesterol (200mg/dL or higher).



American  
Heart  
Association.

## #CPRsaveslives

One person dies every 36 seconds from heart disease, that's 100 people every hour. But did you know 45% of patients receiving CPR during a cardiovascular event survive? There are more than 350,000 out-of-hospital cardiac arrests occurring each year. Of these, around **70% happen at home**.\* This means if you're in a situation where someone needs CPR, it is more than likely a loved one, and his or her survival can be significantly impacted by immediately receiving hands-only CPR. **The good news is - it's easy to learn! Watch our video at [SAHealth.com/heart](https://SAHealth.com/heart).**

## FREE Heart Health Risk Assessment

As part of February's American Heart Month, why not assess your heart health by taking our FREE HealthMatters heart health quiz at [SAHealth.com/heart](https://SAHealth.com/heart).



## The Methodist Heart Network

Methodist Heart is defined by our specialists' collaborative approach to care and the access points we have built for our community. Our team has developed a reputation for providing high quality and innovative cardiovascular care across an array of comprehensive services from prevention, testing and diagnosis, to invasive treatment and complex surgery. Our numerous locations provide access to these services throughout South Texas.

- Largest Heart Transplant Program in South Texas
- South Texas' only comprehensive Aortic Aneurysm Program
- Over 1,000 trans-catheter aortic valve replacement (TAVR) procedures performed
- 17 locations with over 90 providers
- 25 Cath labs
- 5 Chest Pain Centers
- 2 Heart Failure Clinics

\* American Heart Association

**“My heart  
was a ticking  
time bomb.”**

**AARON, AGE 35  
RETIRED NAVY SEAL  
SAN ANTONIO**



Scan to watch Aaron's story,  
take a heart health quiz  
or learn hands-only CPR.

**February is American Heart Month, take our heart health quiz.**

Aaron devoted 16 years of his life to the Navy Seals and served six deployments. He never imagined an aortic aneurysm could take his life. Aaron turned to the doctors at the Methodist Heart Network for a life saving open-heart surgery.

Knowing your risk for heart disease is crucial in maintaining a healthy heart. Family history, high blood pressure, and high cholesterol are all factors that can influence your heart's health. The earlier you know which factors are at play, the quicker you can get them under control – decreasing your risk for a serious heart event. Start your journey toward a healthier heart by taking our free risk assessment to calculate your personal level of risk.

**METHODIST HEALTHCARE | [SAHealth.com/heart](https://SAHealth.com/heart)**

