



**JUSTIN, HEART  
TRANSPLANT RECIPIENT,  
AND HIS MOM, SUSAN**

# We're Working Toward Healthier Tomorrows

**Methodist Healthcare is  
Home to the Largest Heart  
Care Program 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.

## **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.

- South Texas' most comprehensive Aortic Aneurysm Program
- Over 1100 open heart surgeries per year
- Over 10,000 cardiac procedures per year
- Over 2,000 transcatheter aortic valve replacement (TAVR) procedures performed
- More than 120 providers at 8 hospitals and 40 clinics
- 25 Cardiac Catheterization Labs
- 5 Chest Pain Centers

## **FREE Heart Health Risk Assessment**

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

## **#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).**

\* American Heart Association

# Your **Heart** belongs to more than just You.



**Take Our Heart Health Quiz by Scanning the QR Code Above**

Justin was in his thirties, in the best shape of his life, a loving dad, and had a great job. He never imagined heart failure could take his life. Justin turned to the doctors at the Methodist Heart Network for a life saving transplant.

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.

## **Expertise Matters.**

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