



For Immediate Release
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For more information contact:
Melissa Ballard Sullivan
(603) 663-2983
sulliva9@elliott-hs.org

FREE PROGRAM OFFERED TO EDUCATE AND SCREEN FOR CARDIOVASCULAR DISEASE

Manchester, NH - Area residents have an opportunity to fight cardiovascular disease, the nation's number one killer, by taking part in a FREE cardiovascular educational session Thursday, October 7, 5 p.m. to 7 p.m. at Raymond High School's Cafeteria in Raymond. Register for this lifesaving program, *Dare to C.A.R.E.*, by calling Elliot On-Call at 663-4567.

The Dare to C.A.R.E. program is a nationally recognized benchmark for cardiovascular screening and compliments Elliot Hospital's philosophy concerning quality patient care.

The first step of the program is a two-hour educational session on topics related to cardiovascular health and screening presented by Elliot physicians Patrick Hickle, Alan Garstka, Lawrence Hoepf, Robert Lavery and Carl Fier. Topics include: lipid disorders, hypertension, stroke, heart disease, sudden cardiac death, peripheral vascular and aortic disease and overall vascular health maintenance. Presentations are interactive and participants are given the opportunity to discuss their specific concerns and questions with the physicians and educators.

The program targets people at highest risk. Participants who have first attended the educational session and are age 60 or over, or are 50+ years with diabetes or a history of smoking are eligible to receive a free, individual screening for carotid, abdominal aortic and peripheral vascular disease. The screening takes about 30 minutes and is scheduled by the participant. At the end of the screening, a healthcare provider discusses individual results. All information is forwarded to the participant's primary care physician while critical results are discussed directly with the providers.

These services are offered at no charge. The members of the Dare to C.A.R.E. team, including physicians and nurses, techs, support staff and ancillary services, donate all of the time and equipment. After completing the program, individuals have reported taking proactive approaches to their cardiovascular health and consistently rate this educational component as a valued health resource.

Elliot Health System is the largest provider of comprehensive healthcare services in Southern New Hampshire, the cornerstone of which is Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state. Elliot is home to Manchester's Level 3 Newborn Intensive Care Unit, Elliot Physician Network, Elliot Regional Cancer Center, Elliot Senior Health Center, Elliot Breast Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire and Elliot 1-Day Surgery Center. For more information on any of Elliot's services, call ELLIOT ON-CALL at 663-4567 or visit our website at www.elliott-hospital.org.

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