



Saint Mary's

A member of CHW

NEWS RELEASE

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Saint Mary's Celebrates Heart Month with a Heart Disease Prevention Class

-An Ounce of Prevention - Lowering your risk of developing heart disease by Dr. Letitia L. Anderson-

RENO, Nev. Jan. 26, 2010 – As the region's leader in heart technology and wellness, Saint Mary's is celebrating heart disease awareness month, February, with two free heart health classes, An Ounce of Prevention – Lowering your risk of developing heart disease. Cardiologist Dr. Letitia L. Anderson, of Reno Heart Physicians, will teach participants not only the symptoms of a heart attack and stroke, but also what simple steps you can start today to decrease your risk. Join Dr. Anderson on Thursday, Feb. 11 at noon - 1 p.m. or Thursday, Feb. 18 at 7 – 8 p.m. at Saint Mary's Center for Health auditorium, 645 N. Arlington Avenue, third floor for this free open to the public class.

Dr. Anderson is a University of Vermont medical school graduate who completed her internal medicine residency at Brown University in Providence, RI. She is also board certified in internal medicine and completed her cardiology fellowship at the University of Vermont. She specializes in nuclear cardiology.

Saint Mary's is the only hospital in the region with a chest pain center accredited by the Society of Chest Pain Centers. Saint Mary's chest pain center provides optimal care to patients experiencing chest pain and other cardiac symptoms. The center also collaborates with REMSA to ensure patients suffering from heart attacks have the best chance of survival by utilizing a fast-track system the moment they arrive at the hospital.

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About Saint Mary's

In 2010 Saint Mary's celebrates 102 years of delivering compassionate, high-quality, affordable health services to northern Nevada. Founded in 1908 by the Dominican Sisters of San Rafael, Saint Mary's is a member of the Catholic Healthcare West family of hospitals and medical centers in Arizona, California, and Nevada. As a fully integrated, faith-based healthcare system with 380 licensed beds, approximately 2,300 employees, 850 affiliated physicians, and 300 volunteers, Saint Mary's provides a wide variety of inpatient, outpatient, and community services to go Well Beyond for the community we serve. For more information, please visit www.saintmarysreno.org.

About Catholic Healthcare West

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Catholic Healthcare West (CHW) is the eighth largest hospital system in the nation and the largest not-for-profit hospital provider in California. Founded in 1986, the CHW network of more than 10,000 physicians and approximately 53,000 employees serves a population spanning 22 million people at 41 hospitals across California, Arizona, and Nevada. CHW is committed to delivering compassionate, high-quality, affordable health care services with special attention to the poor and underserved. In 2008, CHW provided \$967 million in charity care, community benefits, and unreimbursed patient care. For more information, please visit our website at www.chwHEALTH.org.