



**PRESS RELEASE**

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**LOS ALAMITOS MEDICAL CENTER Helps Community to  
“Focus on the Heart” with Heart Health Campaign**

**LOS ALAMITOS, CA – Feb. 1, 2008** – With approximately one death occurring every 37 seconds from cardiovascular disease, Americans need to find a way to beat the odds. That premise is the impetus behind Los Alamitos Medical Center’s February heart campaign, which encourages the community to “*Focus on the Heart*” by undergoing regular screenings and adopting a heart-healthy lifestyle.

“*Focus on the Heart*” was created by Los Alamitos Medical Center and its sister hospitals as part of a nationwide campaign to promote early detection and testing that could save the lives of the approximately one in three Americans who suffer from some form of cardiovascular disease.

“We chose ‘*Focus on the Heart*’ because patients have to *keep* making their heart health a priority,” said Lynne Downing, RN, CCRN, Director of Clinical Care. “This is not about a once-a-year test; it’s about knowing your risk factors and thinking about all the ways to keep your heart beating strong on a daily basis.”

In support of “*Focus on the Heart*,” hospital employees will participate in *Wear Red Day* on February 6<sup>th</sup> and a heart health screening promotion will be held for community members.

While there are some risk factors you can’t change, there are steps you can take to improve your heart health. A national study found that the risk of dying from heart diseases was 51 percent lower for men and 71 percent lower for women who did not have high blood pressure, high cholesterol and did not smoke. Regular screenings are an important part of determining one’s risk from several of these factors. An estimated 80.7 million American adults, one in every three people, will suffer from some form of cardiovascular disease and approximately 870,000 of these Americans are expected to die from these diseases this year. Cardiovascular disease is the nation’s No. 1 killer of men and women alike and claims more lives every year than cancer, chronic lower respiratory diseases, accidents and diabetes mellitus combined.

**ABOUT LOS ALAMITOS MEDICAL CENTER**

Opened in 1968, Los Alamitos Medical Center is a 167-bed acute care hospital located at 3751 Katella Ave in Los Alamitos. The medical center offers a wide range of programs for families and seniors. Medical services include a 24-hour emergency department, Birthing Center; cardiology, including a cardiac catheterization/angiography suite; oncology; respiratory; an on-

site laboratory; MRI and open MRI; CT Scan; PET Scan; physical therapy; secured geropsychiatry unit, and others, in addition to educational lectures and support groups. The hospital is part of an integrated medical campus that includes three medical office buildings and the TotalCare Pavilion. The TotalCare Pavilion is home to the new \$10 million TotalCare Cancer Center and TotalCare Infusion Center and also has the TotalCare Imaging Center. A Health Care Center located within the Seal Beach Leisure World community is part of the campus too. The hospital is fully accredited by the Joint Commission, the nation's oldest and largest hospital accreditation agency.

Designated Cardiovascular Receiving Center; Joint Commission certified Primary Stroke Center; Joint Commission certified Coronary Artery Disease Center, American Heart Association Get With the Guidelines Silver Performance Achievement Award for Stroke, American Heart Association Get With the Guidelines Silver Performance Achievement Award for Heart Failure, American Heart Association Get With the Guidelines Silver Performance Achievement Award for Acute Myocardial Infarction, four-time recipient of TENET Healthcare Corporation's Circle of Excellence Award; Institute for Healthcare Improvement's (IHI) 100,000 Lives and IHI's 5 Million Lives campaign participant; Cancer Program Accredited by the American College of Surgeons; fully accredited by The Joint Commission; Unitedhealth Premium<sup>®</sup> Specialty Center for Interventional Cardiology, CIGNA Quality Designation for Colon Surgery, Heart Failure, and Stroke; CIGNA Center of Excellence for Caesarean Section and Vaginal Delivery

To learn more about Los Alamitos Medical Center, visit [www.losalamitosmedctr.com](http://www.losalamitosmedctr.com).

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