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***Clear Lake Regional Medical Center Recognizes American Heart Month with Major Announcement, Special Community Events***

**Webster, TX, Feb. 1, 2010**—February is American Heart Month, and Clear Lake Regional Medical Center (CLRMC) is marking this important healthcare observance with a special announcement and a week of heart-healthy community events.

CLRMC is proud to announce a three-year partnership with the American Heart Association (AHA) that includes numerous community outreach events, free educational seminars and exclusive sponsorship of the Go Red For Women Bay Area Luncheon.

“This partnership with the American Heart Association is aligned with our goal to educate people about heart disease – and more importantly, what they can do to reduce their risk,” said Stephen K. Jones Jr., Chief Executive Officer of Clear Lake Regional Medical Center. “We want to bring valuable health information directly to people, empower them to maintain their heart health and help families live longer, stronger lives.”

CLRMC launches its partnership and American Heart Month with “Healthy Heart Week”—a week of special events for the community to learn about maintaining a heart-healthy lifestyle. Healthy Heart Week activities at CLRMC include:

**HealthYes! Preventative Screenings**

On Saturday, Feb. 6, 8 a.m.-5 p.m., clinical teams from HealthYes! Preventative Screenings® will be administering seven painless tests of the heart and arteries to identify hidden conditions that put people at risk for stroke, heart attack and other dangerous cardiovascular conditions. Various testing packages are available and start at \$139.99. Call 1.888.876.7040 to schedule an appointment. Mention code HCACL2010 for special pricing.

**Free Community Seminar – “Women and Heart Disease”**

Mohamed Shalaby, M.D. will be the keynote speaker at this free community presentation on Tuesday, Feb. 9, at 11:30 a.m. There is no cost for the event, but space is limited. Lunch will be served. Must RSVP. Call 1.888.228.9043 to reserve your seat. Don’t miss an important opportunity to hear about the number one killer of women, and how women of all ages can reduce their risk of heart disease. Heart attack survivor Suzanne Lucas also will be speaking.

**Free Community Seminar – “Hypertension and Sodium Intake”**

Join Henry Muniz, M.D. at this special presentation on Thursday, Feb. 11, at 6:30 p.m. Millions of Americans suffer from high blood pressure, which is a major contributor to heart attacks and other life-threatening cardiovascular conditions. Hear from a physician on managing your blood pressure and how salt intake plays a role. Free and open to the public, but space is limited. Dinner will be served. Must RSVP. Call 1.888.228.9043 to reserve your seat.

**Free Family Heart Fair**

Don't miss the 1<sup>st</sup> Annual “Be Smart...Take Care of Your Heart Family Heart Fair” on Saturday, Feb. 13, 10 a.m. – 2 p.m. Geared to people of all ages, this free event will feature booths, educational exhibits and resources on food and nutrition, fitness, heart disease, diabetes education, heart attack warning signs, stroke education, life after heart disease and much more. Pharmacists will be conducting medication reviews (bring a list of current medications), and dieticians will be on hand for nutritional counseling. Guided tours of the state-of-the-art Heart Hospital will be available at 10:30 a.m. and 12:45 p.m. Visitors also will enjoy cooking demonstrations and heart-healthy snacks. The American Red Cross will be providing CPR demonstrations, and kids will have a chance to meet first responders and tour a fire truck, ambulance and medical helicopter. Booths will be set up to provide free screenings for cholesterol, glucose, blood pressure, and weight and body fat analysis. Free EKGs also are available. Limited EKG appointments are available on a first-come, first-served basis by calling 281.338.3151. CLRMC executives and representatives from the American Heart Association will make the official partnership announcement at 11 a.m.

All events for Healthy Heart Week will be held at the Heart & Vascular Hospital, located at 495 Medical Center Blvd. For more information, call 281.332.2511 or go online to [www.clearlakermc.com](http://www.clearlakermc.com). Stay connected to all Clear Lake Regional Center news, events and activities on Facebook and Twitter.

**About Clear Lake Regional Medical Center**

*Clear Lake Regional Medical Center is a 595-licensed-bed tertiary regional referral medical center offering comprehensive inpatient and outpatient medical, surgical and specialty services, including a Level IIIb Neonatal Intensive Care Unit and open-heart surgery. With a medical staff of more than 600, Clear Lake Regional Medical Center employs 1,700 medical professionals and offers a comprehensive range of primary and tertiary services for patients of all ages. For more information, call (281)332-2511 or visit online at [www.clearlakermc.com](http://www.clearlakermc.com).*

**About HCA Gulf Coast Division**

*HCA Gulf Coast Division is a comprehensive network of hospitals, outpatient surgery centers, emergency centers, cancer centers and diagnostic imaging facilities. It offers a complete continuum of specialized health programs and services that meet the needs of Greater Houston and South Texas residents and businesses. HCA affiliated facilities in the Gulf Coast Division include 12 hospitals, 7 ambulatory surgery centers, 4 free standing emergency centers, 5 imaging centers, 5 cancer care programs and a Regional Transfer Center. The Regional Transfer Center provides ground and air patient transportation to and from any HCA Houston Affiliated Hospital and any other healthcare facilities. For more information visit our website at [www.hcahouston.com](http://www.hcahouston.com).*