Mount Sinai Health System Celebrates Heart Month With "Go Red" Health Fairs

In honor of American Heart Month in February, the Mount Sinai Health System will host several “Go Red” Community Heart Health Fairs throughout its system.

NEW YORK (PRWEB) January 24, 2019 -- In honor of American Heart Month in February, the Mount Sinai Health System will host several “Go Red” Community Heart Health Fairs throughout its system. These events will provide free heart health screenings for blood pressure, cholesterol, triglyceride, and body mass index, as well as educational demonstrations and talks on nutrition and diet, diabetes, stress management, smoking cessation, yoga and other relaxation techniques by Mount Sinai experts.

“Our goal this Heart Month is to educate our communities and employees about the risk factors for cardiovascular disease, the No. 1 cause of death in Americans,” said Beth Oliver, RN, DNP, Senior Vice President of Cardiac Services for the Mount Sinai Health System. “Our goal is to empower attendees to take control of their heart health and make positive, healthy changes. By incorporating health screenings and educational demonstrations in our Heart Month events, we know we will make a difference.”

Heart disease is also the No. 1 cause of death in women, causing one in three deaths each year, according to the American Heart Association (AHA). That’s approximately one woman every minute. To raise awareness of this issue affecting millions of women and families, the AHA launched Go Red for Women in 2004. The initiative challenges women to know their risk for heart disease and take action to reduce it. Event attendees are encouraged to wear anything red—from an accessory to full red attire—to remind women about the proportionately greater risk they face for cardiovascular disease and heart attacks. Women can take action to improve their overall health by making a few lifestyle changes such as lowering their cholesterol, managing their blood sugar, exercising, and eating healthy.

For more information, please visit mountsinai.org/GoRed.

“Go Red" Community Heart Health Fairs will be held on Friday, February 1, from 11 am to 2 pm at the following locations:

The Mount Sinai Hospital
1468 Madison Avenue
Guggenheim Pavilion, Lobby
Contact: Ashley Raimondi 212-241-6146

Mount Sinai St. Luke's
1111 Amsterdam Avenue at 114th Street
Babcock Lobby, First Floor
Contact: Joan Joseph 929-237-8923

Mount Sinai West
1000 Tenth Avenue at West 58th Street
Main Lobby
Contact: Lory Tortelli 646-745-5725
About the Mount Sinai Health System
The Mount Sinai Health System is New York City's largest integrated delivery system, encompassing eight hospital campuses, a leading medical school, and a vast network of ambulatory practices throughout the greater New York region. Mount Sinai's vision is to produce the safest care, the highest quality, the highest satisfaction, the best access and the best value of any health system in the nation. The Health System includes approximately 7,480 primary and specialty care physicians; 11 joint-venture ambulatory surgery centers; more than 410 ambulatory practices throughout the five boroughs of New York City, Westchester, Long Island, and Florida; and 31 affiliated community health centers. The Icahn School of Medicine is one of three medical schools that have earned distinction by multiple indicators: ranked in the top 20 by U.S. News & World Report's "Best Medical Schools", aligned with a U.S. News & World Report's "Honor Roll" Hospital, No. 12 in the nation for National Institutes of Health funding, and among the top 10 most innovative research institutions as ranked by the journal Nature in its Nature Innovation Index. This reflects a special level of excellence in education, clinical practice, and research. The Mount Sinai Hospital is ranked No. 18 on U.S. News & World Report's "Honor Roll" of top U.S. hospitals; it is one of the nation's top 20 hospitals in Cardiology/Heart Surgery, Gastroenterology/GI Surgery, Geriatrics, Nephrology, and Neurology/Neurosurgery, and in the top 50 in six other specialties in the 2018-2019 "Best Hospitals" issue. Mount Sinai's Kravis Children's Hospital also is ranked nationally in five out of ten pediatric specialties by U.S. News & World Report. The New York Eye and Ear Infirmary of Mount Sinai is ranked 11th nationally for Ophthalmology and 44th for Ear, Nose, and Throat. Mount Sinai Beth Israel, Mount Sinai St. Luke's, Mount Sinai West, and South Nassau Communities Hospital are ranked regionally.

For more information, visit http://www.mountsinai.org/, or find Mount Sinai on Facebook, Twitter and YouTube.