



St. Francis Hospital
The Heart Center®

Fall 2009

Fall 2009

Heart Health and Education Programs

**Bring Out Your
Inner Chef**
at one of St. Francis
Hospital's cooking
and nutrition classes.
pg. 14



Make a Difference in Your Life!

Heart Health and Education Programs

A healthier and fuller life is right around the corner with the wide array of engaging wellness programs, empowering courses and exciting lectures offered at St. Francis Hospital's DeMatteis Center for Cardiac Research and Education in Greenvale. The Center is staffed by physicians, registered nurses, nurse practitioners, dietitians, exercise physiologists and other health professionals who will get you on the road to a healthier heart. We also offer clinically and medically supervised Cardiac and Pulmonary Rehabilitation in our state-of-the-art Fitness Center so that those recovering from a cardiac event, or coping with chronic lung disease, can recuperate in a safe environment. So take a few minutes out of your busy schedule to preview our Fall 2009 courses. Then try one for yourself. You will be glad that you did!

A visit to your physician, along with early detection and prevention, are proactive measures for safeguarding your health. St. Francis Hospital's physician referral service is a good place to start. Call our toll-free referral line at 1-888-HEARTNY, or for information on any of our Heart Health and Education Courses, please call us at (516) 629-2038. As the only specialty designated heart center in New York State, St. Francis Hospital's mission is to complete the circle of excellence that extends from the diagnosis and treatment of heart disease to cardiac research, education and prevention.

Visit us on the web at stfrancisheartcenter.com.



St. Francis Hospital Heart Health and Education Programs Table of Contents

- 04 Special Programs
- 06 Blood Pressure Screening
- 07 Cardiac Fitness
- 07 Pulmonary Rehabilitation
- 07 Physical Therapy
- 07 Yoga
- 08 Ballroom Dancing
- 09 Congestive Heart Failure Program
- 09 EECPT Therapy
- 10 Cardiac MRI
- 10 Cardiac CT Imaging
- 10 Corporate Health Physicals
- 11 Calcium Scoring of Coronary Arteries
- 11 Coronary Artery and Lung Cancer Screening
- 12 The Women's Center
- 12 Breast MRI
- 13 Bridge the Gap Between Hospital and Home
- 13 Diabetes Care Center
- 13 Nutrition Learning Center
- 13 Heart of Good Eating
- 14 Heart of Good Cooking
- 14 The Art of Good Nutrition
- 14 Nutrition at Work
- 15 Cardiopulmonary Resuscitation (CPR) / Basic Life Support (BLS)
- 15 First Aid and CPR Heartsaver AED
- 16 Advanced Cardiac Life Support (ACLS)
- 16 Emergency Care for Children (ACLS)
- 17 ACLS Renewal for Experienced Providers
- 18 Stress Management
- 18 Implantable Cardioverter Defibrillator (ICD) Education
- 18 Stop Smoking Clinic
- 19 Volunteers for Research

Special Programs

September is Prostate Awareness Month

Free Prostate Screening

Includes a blood test for prostate-specific antigen (PSA). No appointments required. Please note: This program is for men between the ages of 50-75 (40 if high risk) who are not currently under the care of an urologist.

Date: Wednesday, September 23
 Time: 4:00 p.m. - 8:00 p.m.
 Location: The DeMatteis Center for Cardiac Research & Education
 Call: No fee, but please call (516) 629-2038 for information only

October is Breast Cancer Awareness Month

Annual Women's Wellness Seminar

Featuring experts from St. Francis Hospital's Women's Center. Get updates on the latest in women's health.

Date: Thursday, October 1
 Time: 7:00 p.m. - 9:00 p.m.
 Location: The DeMatteis Center for Cardiac Research & Education
 Call: (516) 629-2038 to register

Pulmonary Rehabilitation Special Program

Gary Paluba, Ph.D., a renowned psychologist, talks about how to cope with chronic illness, depression and anxiety. A patient's perspective will be presented by Bertram Cohen, C.H., and CHS Homecare Specialist Jennifer Seery will discuss the latest on respiratory home therapy and oxygen equipment.

Date: Monday, November 2
 Time: 11:00 a.m. - 1:00 p.m.
 Location: The DeMatteis Center for Cardiac Research & Education
 Call: No fee, but please call (516) 629-2040 to register

Louis Acompora Day

Louis, a 14-year-old lacrosse goalie and honor student, died when a lacrosse ball struck his chest. The Acompora family will discuss how to prevent the tragedy that occurred to their son from happening to other athletes and members of our community. Learn why automated external defibrillators (AEDs) are being placed in public places, and how these devices are used to save lives. This course is for anyone interested in learning about AEDs or considering setting up an AED response system in a public location, such as a school, church, temple, or clubhouse.

Date: Thursday, October 29
 Time: 6:00 p.m. - 10:00 p.m.
 Location: The DeMatteis Center for Cardiac Research & Education
 Call: No fee, but please call (516) 629-2036 to register



November is Diabetes Awareness Month “Diabetes: Stepping Toward Control”

The Diabetes Care Center is dedicated to providing you with the necessary information and tools to help you create a lifestyle that lets you manage your diabetes. Learn more about diabetes, nutrition, medications and how to prevent long term complications. Whether you have been recently diagnosed or have had diabetes for a while, you can treat your diabetes, take charge and manage it. Join us for a morning of diabetes management education.

Date: Friday, November 20
Registration: 9:30 a.m.
Lecture: 10:00 a.m. - 12:00 p.m.
Location: The DeMatteis Center for Cardiac Research & Education
Fee: No fee, but pre-registration is required
Call: (516) 629-2045 to register

Healthy Solutions

Free lecture series on important health topics.

Date	Topic
September 17	Crime Prevention – Fraud & Identity Theft Prevention Speaker: Tom Gilberti Community Affairs, Nassau County Police Department
October 22	Personal Emergency Response & Safety Systems (medical alarms, systems and monitoring) Speaker: Stephanie Pacchiano, Director of Community Relations, United Lifeline & United Home Services
November 12	Falls Prevention – How to Prevent Injury Speaker: Michael Marinucci, PT Physical Therapy, St. Francis Hospital
December 17	The Power of Bone Health – How to Maintain and Improve It Speaker: Ginger Novak, MS Sr. Exercise Physiologist, St. Francis Hospital
Time:	11:30 a.m. - 12:30 p.m.
Location:	The DeMatteis Center for Cardiac Research & Education
Fee:	No fee, but pre-registration is required
Call:	(516) 629-2432 to register



Blood Pressure Screening

Hypertension affects an astounding one in four adult Americans. Also known as high blood pressure, this form of illness usually has no symptoms and is called the “silent killer.” Have your blood pressure checked by a clinical nurse, free of charge. Healthcare proxy information also available.

East Williston Public Library:

Schedule: August 3, October 5, December 7
 Time: 10:00 a.m. - 12:00 p.m.; no appointment necessary
 Location: 2 Prospect Street, East Williston, NY 11596
 For directions call (516) 741-1213

Westbury Public Library:

Schedule: August 12, September 9, October 14, November 11, December 9
 Time: 10:00 a.m. - 12:00 p.m.; no appointment necessary
 Location: 445 Jefferson Street, Westbury, NY 11590
 For directions call (516) 333-0176

Port Washington Public Library:

Schedule: August 11, September 8, October 13, November 10, December 8
 Time: 11:00 a.m. - 2:00 p.m.; no appointment necessary
 Location: 1 Library Drive, Port Washington, NY 11050
 For directions call (516) 883-4400

Great Neck Senior Center:

Schedule: August 13, September 10, October 8, November 12, December 10
 Time: 10:00 a.m. - 12:00 p.m.; no appointment necessary
 Location: 80 Grace Ave., Great Neck, NY 11021
 For directions call (516) 487-0025

Fitness & Rehabilitation Programs

Cardiac Fitness Phases II, III, IV

Exercise is especially important for men and women who have had a heart attack, heart surgery, angina, atherosclerosis, or those with risk factors such as elevated cholesterol, diabetes or high blood pressure. This medically supervised fitness program allows you to exercise without worry.

Schedule: Monday through Saturday (morning, afternoon, and evening)
Call: (516) 629-2040

Pulmonary Rehabilitation

This program helps the person with emphysema, chronic bronchitis, complicated asthma or other chronic lung disease to live as fully and independently as possible. The program offers alternatives beyond medication, oxygen therapy and breathing aids. Respiratory specialists will work with you and your doctor to develop an individualized plan to improve physical fitness and exercise tolerance, to reduce hospitalization and to lessen the impact of lung disease. Includes education and medically supervised exercise sessions.

Schedule: By appointment only
Call: (516) 629-2435 for scheduling, fees or more information

Physical Therapy/Orthopedic Rehab

Do you want to keep fit but your body won't let you? From back pain and arthritic joints to injuries and balance problems, physical therapy can bring relief and healing. The Physical Therapy Center features individualized treatments, prompt appointments, convenient hours, showers, locker rooms, and a variety of equipment.

Schedule: By appointment only; physician referral required
Fee: Varies depending on service(s); most insurance accepted
Call: (516) 629-2047

Yoga

Yoga has been used for thousands of years to improve mind/body health. It increases flexibility and strength, while enhancing relaxation and concentration. This is accomplished through a series of gentle stretches, postures, breath work, and relaxation. Beginning and experienced students are welcome. Please bring your own mat or towel to class.

Schedule: Session I: September 10, 23 (Wednesday), 24; October 1, 8, 15
Session II: October 22 & 28 (Wednesday);
November 12 & 19; December 10 & 17

Time: 4:45 p.m. - 5:45 p.m. and 6:00 p.m. - 7:00 p.m.
Fee: \$60 for each session; pre-registration is required
Call: (516) 629-2042

*Please note: Applications and payment must be received seven days prior to program start date. Class size is limited.



Ballroom Dancing

Join the fun and never sit down at a party again. Improve your fitness and well-being while dancing the fox-trot, cha-cha, and tango—just to name a few. Become a proficient, all-around dancer under the direction of an Arthur Murray instructor. Please wear comfortable shoes. No sneakers. A partner is recommended, but not required.

Please note our three levels:

Beginner - Introduction of basic steps in fox-trot, waltz, tango, rumba, cha-cha, Lindy, hustle and merengue.

Intermediate - Review of basic steps and introduction of new steps in fox-trot, waltz, tango, rumba, cha-cha, Lindy, hustle and merengue.

Advanced - Introduction of new steps in all the dances above including mambo, samba and dance patterns in all of the ballroom dances. This is the class for people who have had many sessions of ballroom dance at St. Francis Hospital and who have also been ballroom dancing for years.

*The instructor will reserve the right to place dancers in their appropriate level class.

Dates: September 15, 22, 29; October 6, 13, 20, 27; November 3

Time: Beginner: 5:30 p.m. - 6:30 p.m.

Intermediate: 6:30 p.m. - 7:30 p.m.

Advanced: 7:30 p.m. - 8:30 p.m.

Fee: \$70 for the eight-week session; pre-registration is required

Call: (516) 629-2042

*Please note: Applications and payment must be received seven days prior to program start date. Class size is limited.

Congestive Heart Failure Programs

Congestive Heart Failure Program

The Congestive Heart Failure Program offers a comprehensive approach to diagnosis and management of all stages of heart failure and pulmonary hypertension. Justine Lachmann, M.D., our heart failure specialist, works closely with an interdisciplinary team to provide all-inclusive care to this high risk patient population. Our team, including cardiologists, registered nurses, nurse practitioners, dietitians, pharmacists, physical therapists, social workers, psychologists, and ancillary staff, monitors our patients closely. We offer a variety of cutting-edge approaches to heart failure management including intravenous therapy, external enhanced counterpulsation (EECP) for chest discomfort, government and industry sponsored research, as well as implementation of personalized plan of care according to ACC/AHA guidelines.

For information call (516) 629-2090.

EECP Therapy

Do you experience angina (chest pain) from coronary artery disease? Do you suffer from Congestive Heart Failure? If so, you may benefit from Enhanced External Counterpulsation Therapy. This non-invasive modality is a safe and effective treatment that provides documented sustained relief of symptoms in patients with disabling angina and anginal equivalents, left ventricular dysfunction, and heart failure. EECP therapy has been cleared by the FDA for use in the treatment of angina (chest pain) and congestive heart failure. Treatments are administered for one hour each day, five days per week, for a total of 35 hours. EECP has been used to treat cardiac patients for over 30 years and extensive scientific research has shown that patients who undergo this course of therapy experience:

- Decreased use of nitroglycerin
- Significant reduction in the frequency of chest pain/pressure
- Improvement in exercise tolerance and duration
- Improved quality of life

St. Francis Hospital is one of the few hospitals in the region to offer this treatment option to their cardiac patients. For more information about this FDA cleared and Medicare approved non-invasive procedure, please call (516) 629-2090.

Prevention & Diagnosis

Cardiac MRI

Cardiac MRI produces defined images that are useful in the clinical evaluation of patients with coronary artery disease, cardiac masses, and cardiomyopathies (heart muscle disease). The cardiac MRI program conducts research projects aimed at improving diagnosis and treatment of heart disease and is recognized as a leading research center in this field. The program is the most accurate noninvasive test for looking at cardiac structures and function.

Schedule:	By appointment only. A prescription from a referring physician is required.
Fee:	Varies depending on service(s)
Call:	(516) 629-2028

Cardiac CT Imaging

Computed tomography (CT) is a radiological technique used to visualize regions of the human body slice-by-slice. In the past decade, this technology has advanced to provide better speed and resolution and is now an important noninvasive method of examining the human body. The new 64-slice computed tomography (CT) scanner allows physicians to analyze coronary artery lesions and blockages that were previously impossible to visualize adequately. CT angiography (CTA) is an application of CT that visualizes the coronary arteries noninvasively with unprecedented clarity and accuracy. The results of this examination provide the physician with information about the condition of the patient's coronary arteries.

Schedule:	By appointment only. A prescription from a referring physician is required.
Fee:	Varies depending on service(s)
Call:	(516) 629-2000

For more information on CT, consult your physician or contact us at (516) 629-2000.

Corporate Health Physicals

A complete physical is available to employees of participating corporations. Services include a complete history and physical performed by a St. Francis internist, as well as urinalysis, blood work and EKG. If indicated, a CT scan of the coronary arteries will be offered at a discounted rate.

Schedule:	By appointment only
Fee:	Varies depending on service(s)
Call:	(516) 629-2068

Calcium Scoring of Coronary Arteries

St. Francis Hospital offers state-of-the-art cardiac screening with a 64-slice computed tomography (CT) scanner, a noninvasive, safe and painless way to diagnose coronary artery disease. The scanner detects calcification of the coronary arteries (the process that causes heart disease) in its early stages, years before symptoms appear.

Schedule: By appointment only
Fee: \$375
Call: (516) 562-6800

Coronary Artery & Lung Cancer Screening

CT scanning can be used for noninvasive early detection of cardiac disease, lung cancer and obstructive pulmonary disease, when the diseases are most treatable.

Fee: \$500
Call: (516) 562-6800 for scheduling or more information





Women's Health

The Women's Center

The Women's Center of St. Francis Hospital is a state-of-the-art imaging center committed to women's health and education. In order to reduce the fear or anxiety patients may experience when undergoing a medical exam, same-day results for breast exams and mammography are provided. Our facility features the most advanced diagnostic technology and a bright, cheerful and soothing environment. A wide range of diagnostic services are offered:

- Digital mammography with computer-aided detection (CAD)
- Breast MRI and MRI-guided breast biopsy
- Stereotactic biopsy
- Ultrasound biopsy and other ultrasound including breast, pelvic, abdominal, thyroid, and sonohysterograms
- Bone densitometry

Schedule: By appointment only. No long waits!
 Fee: Varies depending on service(s); most insurance accepted
 Call: (516) 629-2400

Breast MRI

Breast MRI is a painless, noninvasive procedure that is extremely helpful in identifying early breast cancer, especially in women with a family history of the disease. The procedure can detect breast cancers the size of a pea even when mammograms or physical exams are normal. Breast MRI is most helpful in patients diagnosed with known breast cancer, for assessment of possible implant rupture, and assessing women at high risk who are carriers of the BRCA1 or BRCA2 genes.

Schedule: By appointment only. A prescription from a referring physician is required.
 Fee: Varies depending on service(s)
 Call: (516) 629-2028 for scheduling or more information

Education

Bridge the Gap Between Hospital and Home

Are you recovering from a heart attack, open-heart surgery, angioplasty or a stent procedure? Feeling tired and down? Come to a free educational session to learn how to bridge the gap between hospital and home, get acquainted with the benefits of cardiac fitness and rehabilitation, and learn about heart health programs available at The DeMatteis Center. Classes are held every Tuesday from 10 a.m. to 11 a.m. We discuss recovery after a cardiac event followed by a brief orientation to the Cardiac Rehabilitation Program. Arrangements can be made if you wish to attend an evening session. Your spouse or other guest is also welcome.

Schedule: Tuesdays, 10:00 a.m. - 11:00 a.m., followed by Cardiac Fitness & Rehabilitation Orientation from 11:00 a.m. - 12:00 p.m.

Call: (516) 629-2040

Diabetes Care Center

A comprehensive educational program for non-insulin and insulin dependent diabetics and their families, emphasizing knowledge of disease, treatment, self management, and awareness of possible complications and prevention.

Participants will receive an individual consultation with a certified diabetes nurse and nutritionist educator. Course includes small group instruction featuring lectures, demonstrations, learning activities, and written materials for self-managing.

Schedule: Call for next available program

Fee: Possible insurance reimbursement; pre-registration and physician referral required

Call: (516) 629-2045

Nutrition Learning Center

Whether you have high blood cholesterol levels, diabetes, hypertension, or just want to eat more nutritiously, St. Francis Hospital's Preventive Cardiology Nutrition Service can help. Our registered dietitian offers individual counseling, group classes, and corporate seminars designed to make sure your diet is heart-healthy. Medicare will cover beneficiaries for medical nutrition therapy for diabetes and non-dialysis kidney disease.

Heart of Good Eating

The Heart of Good Eating is a one hour class that will introduce you to the basic principles of heart-healthy nutrition.

Daytime: 11:00 a.m. - 12:00 p.m. on Tuesday, September 1;
Thursday, November 5

Evening: 6:00 p.m. - 7:00 p.m. on Thursday, August 6;
Wednesday, October 7; Monday, December 7

Call: (516) 629-2069

Heart of Good Cooking

The Heart of Good Cooking is offered as a three-hour class that includes a lecture on nutrition, cooking demonstration, and sampling of nutritious, low-fat cuisine.

Fee: \$25 per person/class; \$45 for two family members/class
Call: (516) 629-2069

The Art of Good Nutrition

You have been on a million diets, but have you really learned the art of eating nutritiously? Here is an opportunity to achieve a healthy lifestyle using practical “non-diet” healthy eating practices. Learn about the options and choose the approach that is best for you. We will help you make your own choices for a healthy lifestyle that include proper eating, physical activity, stress management and behavior modification. Don’t try to lose the weight so that your life will change. Change your life to improve your health and weight loss will follow.

The 10-week series will include:

- Computer analysis of three-day food diary
- Individualized nutrition counseling session
- Nutrition education and wellness
- Cooking demonstration
- Diet comparisons
- Exercise recommendations
- Behavior modification
- Blood pressure screening
- Sleep disorder screening
- Group support
- Weight loss guidelines

Schedule: September 15, 23, 30; October 6, 14, 21, 28; November 4, 11, 18
Time: 6:00 p.m. - 7:00 p.m.
Fee: You can pay \$15/week or a discount rate of \$120 for the entire series (no refunds possible for the discount rate). First session is free. Class size is limited.
Call: (516) 629-2069

Nutrition at Work

A three-hour program for the workplace that covers:

- Fit for the future
- Too busy for breakfast
- Eating for success
- Decoding food labels
- Food facts and fiction
- The cooking challenge

Schedule: To be determined
Time: To be determined
Fee: \$25 per person (discount for group of 10 or more)
Call: (516) 629-2069

CPR Training & Life Support

St. Francis Hospital, an American Heart Association Community Training Center, offers emergency care classes to all healthcare providers, para-professionals and lay-persons. Please be prompt, as classes are video-mediated. Bilingual instruction available upon request. Need a class for a large group? Call (516) 629-2036.

Cardiopulmonary Resuscitation (CPR)/ Basic Life Support (BLS)

Heartsaver AED (Automatic External Defibrillator) with Pediatrics

With a cardiac arrest, minutes count for the heart and brain. Learn adult, child and infant CPR and use of AED for non-medical personnel. Chest pains and stroke emergencies also discussed. This class is for anyone who wants to help in an emergency. Recommended for coaches, teachers and nurse assistants.

Daytime: 9:00 a.m. - 12:30 p.m. on August 19; September 24;
November 11; December 2 & 22

Evenings: 6:00 p.m. - 9:30 p.m. on September 1; October 21; November 17

Fee: \$70 per person

Call: (516) 629-2036

*We can also teach this class at your company if you prefer.

Heartsaver First Aid with AED

Prepare your family, club or group for emergencies! Learn the basics for responding to emergencies such as severe allergic reaction, bleeding, stroke, shock and cardiac arrest. This course is 6.5 hours. Please bring your lunch.

Schedule: Saturdays: August 22, September 19, November 21

Time: 8:30 a.m. - 3:00 p.m.

Fee: \$90

Call: (516) 629-2036



Heartsaver Pediatric First Aid with AED

Parents, grandparents, siblings and babysitters will learn pediatric first aid basics for infants and toddlers, including home safety tips to promote safe, reliable childcare. Training also includes CPR and AED training for infants, children and adults—a must for all caregivers! This course is 6.5 hours. Please bring your lunch.

Schedule: Saturdays: August 15, October 17, December 12
 Time: 8:30 a.m. - 3:00 p.m.
 Fee: \$90
 Call: (516) 629-2036

Basic Life Support (BLS) Healthcare Provider Original Course

Includes use of bag-valve mask, AED, and two-rescuer CPR. This course is recommended for nurses, doctors, physician assistants and medical students. This course is 6.5 hours. Please bring your lunch.

Daytime: 8:30 a.m. - 3:00 p.m. on August 15 & 27; September 12 & 23;
 October 2; November 14 & 23; December 7, 12, 23
 Evenings: 6:00 p.m. - 9:30 p.m. (must attend both sessions) September 29 & 30
 Fee: \$95
 Call: (516) 629-2036

CPR/BLS Healthcare Provider Renewal

Must have a current BLS for Healthcare Provider card!

Daytime: 9:00 a.m. - 12:30 p.m. on August 12 & 25; September 3 & 21;
 October 6 & 28; November 12 & 24; December 14
 Evening: 6:00 p.m. - 9:30 p.m. on August 4; September 21; October 15 & 19;
 November 19; December 9 & 17
 Fee: \$70
 Call: (516) 629-2036

ACLS - Advanced Cardiac Life Support

This course teaches advanced healthcare providers the current recommendations for advanced cardiac emergency care for adult patients. Includes use of the manual defibrillator for external pacing, cardioverting, and defibrillating. Practice the Team Concept with Case Scenarios reviewing medication administration, intubation, and stroke guidelines. Must attend both sessions. Must complete pretest prior to arrival, or take our ACLS Prep class. This course is 6.5 hours each session. Please bring your lunch.

Pre-requisite: BLS certification EKG and pharmacology experience
 Daytime: 9:00 a.m. - 3:30 p.m. (two days) on August 14 & 21; September 18 & 25; October 9 & 16; November 13 & 20; December 11 & 18
 Fee: \$295. Ask about our Peri-Arrest course.
 Call: (516) 629-2128

ACLS Renewal for Experienced Providers

This course is an ACLS renewal challenge with four additional case studies involving peri-arrest. Must complete pretest prior to arrival. This course is 8 hours. Please bring your lunch.

Pre-requisite: *Prior ACLS classes, ACLS experience*
 Daytime: 8:00 a.m. - 4:00 p.m. on August 5, September 15,
 September 19, October 1, November 19 and December 17
 Fee: \$225
 Call: (516) 629-2128

PALS - Pediatric Advanced Life Support

For advanced healthcare providers caring for pediatric patients. Renewals may attend the separate eight-hour sessions.

Pre-requisite: *BLS certification, pharmacology and EKG experience*
 Daytime: 9:00 a.m. - 3:30 p.m. (must attend both sessions) on
 September 4 & 11; October 23 & 30; November 18 & 25;
 December 8 & 15
 Daytime for renewals (prerequisite PALS within past two years):
 8:00 a.m. - 4:00 p.m. on August 11; September 10;
 October 14; November 3
 Fee: \$295 for full course; \$225 for renewal. Please bring your lunch.
 Call: (516) 629-2128

The American Heart Association advocates knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

For more information regarding emergency care courses, call (516) 629-2036.

Registration Form for Emergency Care Courses

Name: _____ Tel. No. (H): _____ (B): _____
 Address: _____ Town: _____ Zip: _____
 Course: _____ Date: _____ Time: _____
 Hospital Affiliation: _____ Title: _____ Dept: _____

Make checks payable to St. Francis Hospital. No refunds. Please bring your own lunch.

Mail to: St. Francis Hospital, Attn: CPR Dept, DeMatteis, 100 Port Washington Blvd., Roslyn, NY 11576

There will be a \$25 rescheduling fee if canceling within 48 hours or less of the class.

Phone: (516) 629-2036; Fax: (516) 629-2114 or email barbara.major@chsli.org

Discussion & Support Groups

Stress Management

Stress can harm you physically as well as emotionally. Do you handle stress in a good way? Come to our workshop and learn how to manage stress, rather than allowing it to manage you.

Date	Topic
September 16	Overview
September 23	Anger Management
October 14	Overview
October 21	Communication Skills
November 11	Overview
November 18	Time Management
Time:	All classes are given at 12:00 p.m. - 1:30 p.m., and then repeated at 7:00 p.m. - 8:30 p.m.
Fee:	No fee, but pre-registration is required
Call:	(516) 629-2125

Implantable Cardioverter Defibrillator (ICD) Patient & Family Education Series

Educational sessions, given by Steven Greenberg, M.D., and the Arrhythmia Center, can help you learn more about living with an Implantable Cardioverter Defibrillator (ICD). Sessions include light refreshments and a Q&A session.

Schedule:	Mondays: September 14, December 14 (*Subject to change. Check St. Francis Hospital's website for the latest updates.)
Time:	7:00 p.m. - 9:00 p.m.
Fee:	No fee, but pre-registration is recommended
Call:	(516) 629-2038. Please leave your name and telephone number. You will be automatically registered.

Stop Smoking Clinic

Remove the risk of smoking-induced diseases by joining this popular and successful clinic, led by certified smoking cessation specialist Rhoda Nichter, an expert on nicotine addiction. Includes seven two-hour group sessions, behavior modification, deep relaxation techniques, pulmonary function test, special attention to weight control, plus long-term reinforcement with monthly meetings, audiocassette, and a 24-hour Smoker's Hotline.

Session I:	August 5, 6, 10, 11, 12, 13, 17
Session II:	October 14, 15, 19, 20, 21, 22, 26
Time:	7:30 p.m. - 9:30 p.m.
Fee:	\$150 (all-inclusive)
Call:	Rhoda Nichter on the Smoker's Hotline (516) 938-0080 or (516) 629-2038

Stop Smoking Alumni “I Quit Club” Reinforcement

Schedule:	August 17, September 14, October 26, November 16, December 14
Time:	7:30 p.m. - 9:30 p.m.
Fee:	Free of charge for past participants of St. Francis Hospital's Stop Smoking Clinic
Call:	Rhoda Nichter on the Smoker's Hotline at (516) 938-0080 or (516) 629-2038

Patient Safety Tip: Falls Prevention

More than one third of adults 65 and older fall each year in the United States. Among older adults, falls are the leading cause of injury and death. Follow these guidelines to fall-proof your lifestyle:

- Exercise regularly to improve strength and balance.
- Have your vision checked by an eye doctor at least once a year.
- Talk to your doctor and pharmacist about the possible side effects of your medications.
- Limit your alcohol intake.
- Be cautious when getting up from sitting or lying down.
- Keep stairs and hallways well lit.
- Clear walkways and hallways of clutter and electrical cords.
- Remove small rugs and have carpets firmly tacked down.
- In the bathroom, use a raised toilet seat and install handrails for the bathtub. Use slip resistant strips or rubber mat in the tub. A shower seat may be needed.
- Store needed items in cabinets or shelves at a level that is easy to reach.
- Wear comfortable, supportive, flat shoes with nonskid soles for walking. Don't walk around in slippery socks or loose-fitting slippers.

Tomorrow's Nurses at St. Francis Hospital

Have you ever wondered what it would be like to choose nursing as a profession? The Tomorrow's Nurses Program at St. Francis Hospital offers you the opportunity to spend scheduled time with a member of our outstanding nursing staff. You will experience first-hand the rewards and challenges of nursing in a facility that has earned a reputation for high quality, compassionate care. Please call the Nurse Recruitment Office for more information at **(516) 562-6893**.

Career Opportunities

If you are looking for a place to work where excellence is the standard, come take a look at what is available at St. Francis Hospital. Visit our website at www.stfrancisheartcenter.com for both clinical and non-clinical career opportunities.

Calling All Volunteers for Research!

According to the American Heart Association, one in five Americans has some form of cardiovascular disease, our nation's leading cause of death from illness. The St. Francis Cardiac Research Institute is working to reduce these staggering statistics. Researchers are studying the most advanced imaging technology, such as cardiac MRI and 64-slice CT scanning, to explore the intricacies of the heart.

St. Francis Hospital, The Heart Center, is recruiting volunteers for the following research studies:

- CT scanning to assess coronary arteries
- Cardiac MRI and echocardiograms to assess cardiac anatomy and function
- Heart failure studies with new drugs and devices
- Cardiac valve repair without surgery

For information, please call **(516) 629-2037** or visit www.stfrancisheartcenter.com.

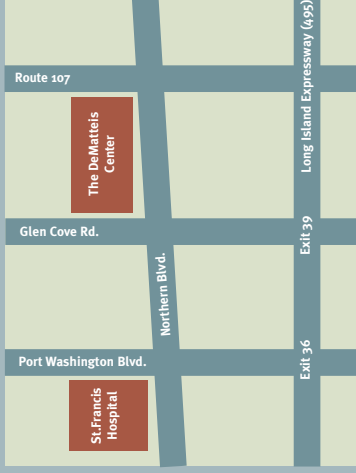
Register Now!

Register Now



St. Francis Hospital
The Heart Center®

100 Port Washington Boulevard
Roslyn, New York 11576
Tel: (516) 562-6000
www.stfrancisheartcenter.com



Directions

Take the Long Island Expressway (495) to Exit 39 (Glen Cove Road).
Go North on Glen Cove Road to Northern Blvd. (Rte. 25-A).
Make a right onto Northern Blvd., and proceed east for one mile to the second traffic light. At the light make a left into the Center's parking lot.

Unless otherwise noted, programs are conducted at The DeMatteis Center for Cardiac Research and Education, Northern Blvd., in Greenvale.