



McCain

HEART CENTER

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2017

McCain Heart Health Series

We are pleased to offer a series of free educational opportunities designed to assist and support interested individuals in the community. These opportunities can be attended as a comprehensive program of pertinent topics in heart health or you may choose the one that interests you most.

**All sessions will be held at
UNC Lenoir Health Care**

No registration necessary

Area experts in cardiology will present this series during American Heart Month in 2017. Both women and men are welcome!



Friday, February 3 ♥ 12 Noon ♥ Auditorium

Dr. Pradeep from Kinston Medical Specialists presents, “**Joe’s Journey**”, an educational narrative about a fictitious community resident whose story is one that is not uncommon. Joe, a middle aged gentleman with little adult medical care and some heart disease risk, begins to experience early symptoms that are worrisome. Dr. Pradeep will discuss standard cardiac workup and testing and dispel misunderstandings and confusion. Joe’s Journey will illustrate the convenience of modern technology and benefits of patient/physician relationship is a situation that often causes anxiety when good information and intervention might be lifesaving.



Friday, February 10 ♥ 12 Noon ♥ Auditorium

Dr. Gahlot from Kinston Cardiology presents: “**Medical Management of Coronary Disease.**” Medical care is essential once heart disease is diagnosed, to stabilize the condition immediately, control symptoms over the long term, and cure the disease when possible. When angioplasty and stents are not appropriate, heart blockages can still be managed medically. Dr. Gahlot will discuss current trends including medications and important self-care to optimize your cardiac health.



Tuesday, February 14 ♥ 10 am - 4 pm ♥ Hospital Entrance

Lenoir County Emergency Services is teaching “**Pop-up Hands-only CPR**” at this Valentine’s Day event. This is the perfect way to spend a heart-focused 15 minutes. Interested individuals will need to provide a small amount of information so that Emergency Services can track the areas that are in need of training. Participants will watch a 2-minute video while doing compressions on manikins and are provided an opportunity to ask questions to providers that have performed CPR. After the session, take home materials are given to remind of the two steps to save a life, “**Call 911 and push hard and fast in the center of the chest.**” Stop By!



Friday, February 17 ♥ 12 Noon ♥ Auditorium

Dr. Alan Kirolos, Kinston Cardiology presents “**The Irregular Beating Heart.**” Heart arrhythmias, also called cardiac arrhythmias, are irregular heart rhythms that result when the heart beats too fast, too slow, or unevenly. A heart arrhythmia occurs if there is a disturbance anywhere along the nerve signal pathway in the heart chambers. There are many different types of heart arrhythmias and some are more serious than others. Heart arrhythmias are treated with medications, electrophysiologic ablations, and surgically placed pacemakers or implantable cardioverter-defibrillators. Join Dr. Kirolos as he discusses conditions, diagnosis and treatment.