



Park Nicollet

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FEBRUARY IS AMERICAN HEART MONTH

Heart Healthy Tips from Heart and Vascular Center experts

- ♥ **The truth about trans fats.** Partially hydrogenated vegetable oils—or trans fats—are making news as more cities move to ban them from restaurant food. These deep fryer favorites are associated with heart disease and elevated cholesterol. Park Nicollet Heart and Vascular Center dietitians have the latest on trans fats, how to avoid them and how to find healthier alternatives.
- ♥ **The Good, the Bad and the Cholesterol.** Not all cholesterols are alike. HDL is “good,” LDL is “bad.” Do your heart a favor and find out which foods give you more of one and less of the other.
- ♥ **Women: know the signs!** Heart disease kills more women in American than any other disease. But many don’t know the warning signs or that symptoms can be different in men and women. A Heart and Vascular Center cardiologist gives you the latest information on risk factors every woman should know.
- ♥ **Seeing your heart.** 64-slice CT scans, resting echo, stress echo, nuclear echo-- what are they and how are they helping cardiologists see inside the body? We’ll show you. Get an up close look at some of the most important tests used to detect problems in your heart.
- ♥ **A Hearty winter.** This year’s harsh winter makes outdoor activities like shoveling, skiing and skating more difficult and dangerous. You need to know when your heart has had enough stress. Learn the warning signs and how to tell when it’s time to ease up.

Park Nicollet Health Services is an integrated care system that includes Methodist Hospital, Park Nicollet Clinic, Park Nicollet Foundation and Park Nicollet Institute. Park Nicollet Health Services is based in St. Louis Park and has more than 8,000 employees, including 630 physicians on staff.