

Montefiore-Einstein Heart Center

Take some time out every week during the month of February to walk the Montefiore Mile and feel the results. And think about a healthier diet too, rich in fresh fruits and veggies. 2000 more steps and 100 fewer calories can make a big difference in your heart health!

Follow the heart markers to keep you on course. Each lap has been measured at approximately 1/4 mile. Walk the loop 4 times to complete the Montefiore Mile. Walkers who complete the mile are entitled to a free gift.

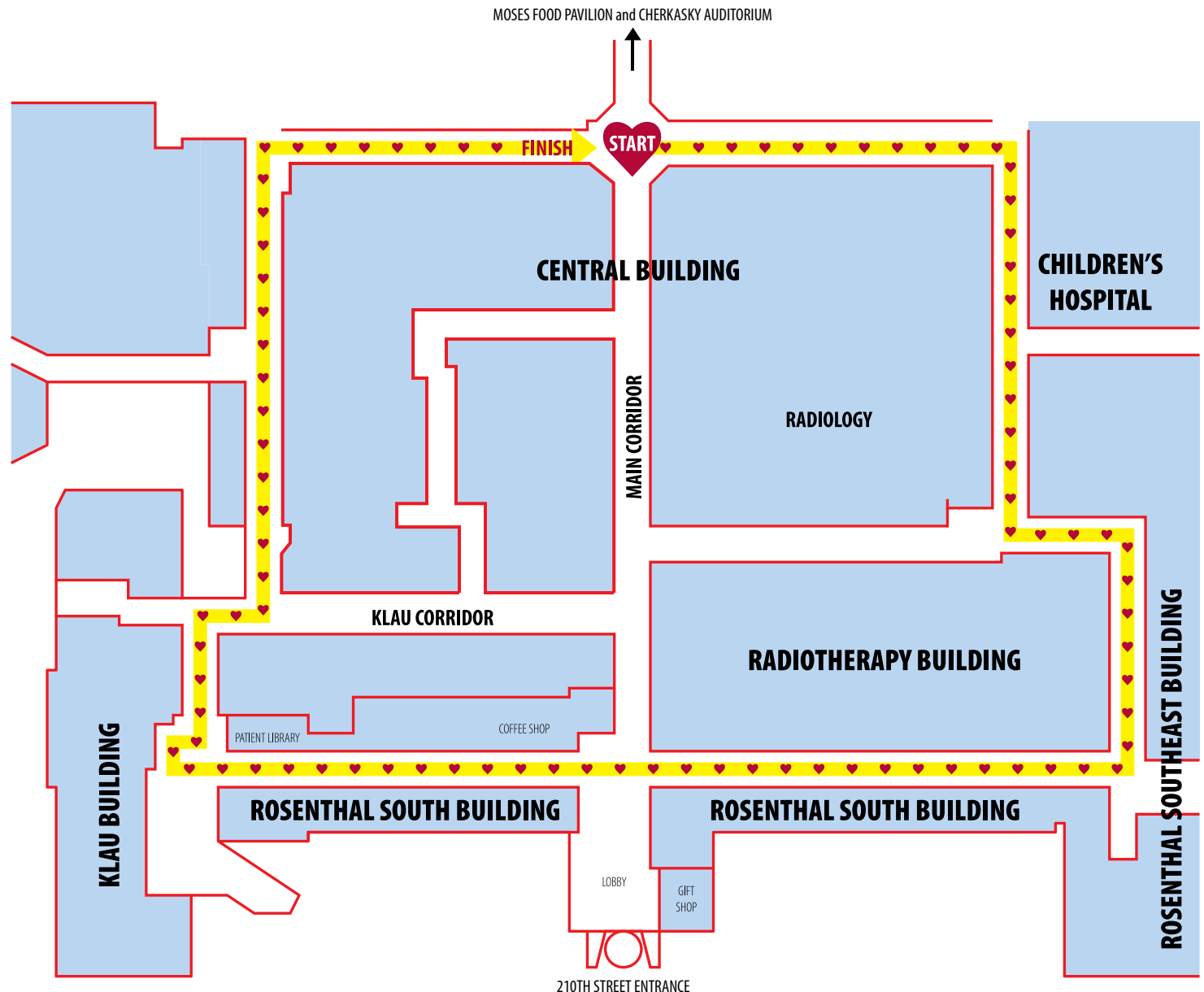
To claim your prize, sign up for the Montefiore Mile in the Cardiology Administration Office located in the Foreman Pavilion (Silver Zone, 2nd floor).

MONTEFIORE



Walk the Montefiore Mile to a Healthier Heart

Sign up in the Cardiology Administration Office (Silver Zone, 2nd floor)





American Heart Month at Montefiore

FEBRUARY 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Montefiore-Einstein Heart Center is sponsoring a variety of events, screenings and lectures throughout the month of February designed to promote heart health awareness and education.

Montefiore-Einstein
Heart Center



	Journal Club Montefiore Mile begins and runs through the end of the month.	Cardiology Grand Rounds	Heart Health Lecture Series		National Wear Red Day Women's Heart Health Center Lectures Free Women's Heart Screening (Weiler Division)	
	1	2	3	4	5	6
	Cardiology Grand Rounds Heart Health Lecture Series Healthy Heart Entrees, Recipes, Information (Weiler, Moses & North Division cafeterias)	Cardiology Grand Rounds Free Heart Screening (Weiler Division) Healthy Heart Entrees, Recipes, Information (Weiler, Moses & North Division cafeterias)	Free Heart Screening (Moses Division) Healthy Heart Entrees, Recipes, Information (Weiler, Moses & North Division cafeterias)	Free Heart Screening (North Division) Healthy Heart Entrees, Recipes, Information (Weiler, Moses & North Division cafeterias)	Congenital Heart Defects Awareness Day Healthy Heart Entrees, Recipes, Information (Weiler, Moses & North Division cafeterias)	
7	8	9	10	11	12	13
14	15	Ribbon Cutting Ceremony MEHC Rapid Access Unit Weiler Division	Cardiology Grand Rounds Heart Club Meeting	Heart Health Lecture Series		
		16	17	18	19	20
	Surgery Grand Rounds	Cardiology Grand Rounds Heart Health Lecture Series Free Heart Screening (Weiler Division) Women's Heart Health Center Lecture Heart Healthy Night w/NJ NETS	Free Heart Screening (Moses Division) Heart Health Lecture Series	Free Heart Screening (North Division)	Heart Health Lecture Series	
21	22	23	24	25	26	27

FEBRUARY 1

Journal Club

MAP 7 Conference Room, 8:00 am - 9:00 am



Montefiore Mile (See Map on Back Page)

At 11:00 am, the Montefiore Mile will kickoff American Heart Month at Montefiore with Gary Kalkut, MD, MPH, Senior Vice President, Chief Medical Officer and other Montefiore-Einstein Heart Center officials.

All are welcome to participate in the Montefiore Mile - a 1/4 mile indoor circuit designed to promote regular exercise and overall heart health. Follow heart markers posted in the public corridors and walk the loop 4 times to complete the Montefiore Mile. Any walker who completes the mile is entitled to a free gift. (See details on back page).

Starting Point: Moses Division Rotunda

2nd floor, center corridor
Near Sir Moses Montefiore statue
Before Food Pavilion Entrance

FEBRUARY 2



Cardiology Grand Rounds

"Living at the Crossroads: Management of the Advanced Heart Failure Patient Approaching End of Life"

Moses Division - Cherkasky Auditorium

8:00 am - 9:00 am
Eldrin Lewis, MD, MPH
Assistant Professor of Medicine
Department of Internal Medicine
Harvard Medical School
Assistant Director, Cardiovascular Clerkship
Brigham and Women's Hospital

FEBRUARY 3



Montefiore-Einstein Heart Center Presents the Jack Goldberg, MD Heart Health Lecture Series

"Adult Congenital Heart Disease"

MAP 7 Conference Room, 12:00 noon - 1:00 pm

George K. Lui, MD
Director, Adult Congenital Heart Disease and Assistant Professor of Medicine and Pediatrics, The Children's Hospital at Montefiore

FEBRUARY 5



National Wear Red Day

On Friday, February 5th, everyone (men too!) is invited to wear red — a favorite red dress, tie or shirt, etc. — to raise awareness of heart disease and stroke on National Wear Red Day.



Women's Heart Health Center Lectures

Weiler Division - Auditorium, 12:00 noon - 2:00 pm

"Stress Reduction & Health Lifestyles;"

Cynthia Taub, MD
Director, Echocardiography Lab
Montefiore Medical Center

"Managing Sodium in Your Diet;"

Kathy Galvin, C-ANP
Montefiore Medical Center

"Women & Heart Disease;"

V.S.Srinivas, MD
Director, Interventional Cardiology
Associate Professor of Medicine
Montefiore Medical Center

"Weight Loss Tips & Guidelines for Getting Back on Track;"

Theresa Creamer, RD
Nutritionist
Montefiore Medical Center

"What are 'Normal' Profiles in Screenings"

Heather Trivedi, MD
Attending Cardiologist
Montefiore Medical Center



Women's Heart Health Center Screening

Weiler Division - Auditorium, 2:00 pm - 5:00 pm

FEBRUARY 8



Jack Goldberg, MD Heart Health Lecture Series

"Heart Failure"

Weiler Division - 8 North Conference Room

7:30 am - 8:30 am
Kathy Galvin, C-ANP
Montefiore Medical Center



Cardiology Grand Rounds

"Current Trends in Management of PDA & Coarctation of the Aorta"

MAP 7 Conference Room, 8:00 am - 9:00 am

David Greuner, MD
CT Fellow
Montefiore Medical Center

Samuel Weinstein, MD
Director of Pediatric Cardiothoracic Surgery & Adult Congenital Cardiac Surgery,
Associate Professor
Montefiore Medical Center



Jack Goldberg, MD Heart Health Lecture Series

"The Advanced Stages of Heart Disease (Prevention)"

Moses Division - Cherkasky Auditorium

12:30 pm - 1:30 pm
Marie Galvao, MSN, ANP-C
Montefiore Medical Center

FEBRUARY 9



Cardiology Grand Rounds

"Atherosclerotic Vascular Disease in HIV-Infected Adults"

Moses Division - Cherkasky Auditorium

8:00 am - 9:00 am
Robert C. Kaplan, PhD
Associate Professor of Epidemiology and Population Health
Albert Einstein College of Medicine

FEBRUARY 12



Congenital Heart Defects Awareness Day

The Children's Hospital at Montefiore will host a party for pediatric alumni and their parents with music, magic and refreshments at the Moses Food Pavilion.

FEBRUARY 16



MEHC Rapid Access Unit Ribbon Cutting Ceremony,

Weiler Division - 2nd Floor, Tenbroeck Lobby Entrance
10:00 am
Open Remarks, Steven Safyer, MD President and CEO

FEBRUARY 17



Cardiology Grand Rounds

"Adult Congenital Heart Disease"

North Division - Educational Center

9:00 am - 10:00 am
George K. Lui, MD
Director, Adult Congenital Heart Disease and Assistant Professor of Medicine and Pediatrics, The Children's Hospital at Montefiore



Heart Club Meeting

"Heart Surgery vs. Stent"

MAP 7 Conference Room, 6:30 pm

Chris Koch, Cardio-Thoracic PA
Montefiore Medical Center

FEBRUARY 18



Jack Goldberg, MD Heart Health Lecture Series

"Cardiac Wellness & Recovery"

Weiler Division - Auditorium, 12:00 pm - 1:00 pm

David Prince, MD
Director, Cardiac Recovery Program
Montefiore Medical Center



FREE Heart Screenings throughout the month of February

Montefiore-Einstein Heart Center staff will offer free screenings for blood pressure, blood sugar and cholesterol. Registration is required for these free screenings. Please call 1-800-MD-MONTE. For best results, fast for 12 hours prior to your appointment.

Moses Division

February 10th & 24th
9:00 am - 1:00 pm
Location: Food Pavilion, 2nd Floor
111 East 210th Street, Bronx

Weiler Division

February 9th & 23rd
9:00 am - 1:00 pm
Location: Cafeteria Lobby, 4th Floor
1825 Eastchester Road, Bronx

North Division

February 11th & 25th
9:00 am - 1:00 pm
Location: 1st Floor Classroom
4141 Carpenter Avenue, Bronx

FEBRUARY 22



Cardiothoracic Surgery Grand Rounds

"Leipzig University's Experience with Transapical Aortic Valves"

MAP 7 Conference Room, 8:00 am - 9:00 am

Torsten Doenst, MD
Professor, University of Leipzig, Germany

FEBRUARY 23



Cardiology Grand Rounds

"Adult Congenital Heart Disease"

Moses Division - Cherkasky Auditorium

8:00 am - 9:00 am
George K. Lui, MD
Director, Adult Congenital Heart Disease and Assistant Professor of Medicine and Pediatrics, The Children's Hospital at Montefiore



Jack Goldberg, MD Heart Health Lecture Series

"Women's Health"

North Division - Educational Center

2:00 pm - 3:00 pm
Marietta Api, NP
Anne Kennedy, FNP
Montefiore Medical Center



Women's Heart Health Center Lecture

Weiler Division - Auditorium, 12:00 noon - 1:00 pm



Heart Healthy Night w/NJ NETS

The Montefiore-Einstein Heart Center has partnered with the New Jersey NETS to promote "Heart Healthy Night" during this home game at Continental Arena in Meadowlands, NJ. The game will feature announcements and a presentation of the Heart Center during half-time.

FEBRUARY 24



Jack Goldberg, MD Heart Health Lecture Series

"Cardiac Wellness & Recovery"

Weiler Division - Auditorium

12:00 pm - 1:00 pm
David Prince, MD
Director, Cardiac Recovery Program
Montefiore Medical Center



Jack Goldberg, MD Heart Health Lecture Series

"Prevention of Heart Disease"

Moses Division - Cherkasky Auditorium

12:30pm - 1:30 pm
Robert J. Ostfeld, MD MSc
Attending Cardiologist
Associate Professor, Clinical Medicine
Co-Director Cardiology Fellowship
Montefiore Medical Center

FEBRUARY 26



Jack Goldberg, MD Heart Health Lecture Series

"Heart Healthy Foods and You"

Moses Division - Cherkasky Auditorium

12:30 pm - 1:30 pm
Nicolette Keen, MS, RD, CDN
Cardiac Transplant Dietician
Montefiore Medical Center

FEBRUARY 8 - 12



Healthy Heart Entrees

Recipes, Nutritional Handouts and Q&A
Weiler, Moses & North Division Cafeterias