



FEBRUARY 2009

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



1	2  Montefiore Mile begins, and runs through the end of the month.	3  Cardiology Grand Rounds  Free Heart Screenings <i>(North Division)</i>	4	5	6  National Wear Red Day  Free Heart Screenings <i>(Moses Division)</i>	7
8	9  Heart Health Lecture Series	10  Cardiology Grand Rounds  Free Heart Screenings <i>(Weiler Division)</i>	11	12	13	14 Congenital Heart Defects Awareness Day  Free Heart Screenings <i>(Moses Division)</i>
15	16	17  Cardiology Grand Rounds  Free Heart Screenings <i>(North Division)</i>	18  Montefiore Heart Club Meeting	19  Heart Health Lecture Series	20  Free Heart Screenings <i>(Weiler Division)</i>	21
22	23	24  Cardiology Grand Rounds  Free Heart Screenings <i>(Weiler Division)</i>	25  Heart Healthy Night w/NJ NETS	26	27  Free Heart Screenings <i>(Moses Division)</i>	28 Look for Heart Healthy items on Montefiore cafeteria menus throughout the month. 

FEBRUARY 2

Montefiore Mile (See Map on Back Page)

To kickoff American Heart Month at Montefiore, all are welcome to participate in the Montefiore Mile – a ¼ 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. Walkers who complete the mile are entitled to a free gift. (See details on back page).

The Montefiore Mile will kickoff on Monday, February 2 at 9:30 am with Robert Michler, MD, Surgeon-in-Chief, Professor and Chairman, Dept. of Cardiothoracic Surgery & Dept. of Surgery, Montefiore Medical Center/Albert Einstein College of Medicine, Montefiore Medical Center and Montefiore-Einstein Heart Center officials.

Starting Point: Moses Division Rotunda

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

FEBRUARY 3

Cardiology Grand Rounds

*"Cardiac Amyloidosis:
Is it now a treatable disease?"*

Cherkasky Auditorium
8:00 am – 9:00 am

Rodney H. Falk, MD
*Associate Clinical Professor of Medicine,
Harvard Medical School
Adjunct Professor of Medicine,
Boston University School of Medicine*

FEBRUARY 6

National Wear Red Day

On Friday, February 6th, 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.

FEBRUARY 9

Heart Health Lecture Series

Join experts from the Montefiore-Einstein Heart Center for a series of free educational seminars focusing on women and heart disease, risk factor awareness and related topics.

Cherkasky Auditorium
1:00 pm – 3:00 pm

Led by:

Marie Galvao, RN, NP
*Senior Heart Failure Nurse Practitioner
Center for Advanced Cardiac Therapy*

Bridget Mercaldi, MSN, FNP-BC
coming soon

Hannah I. Lipman, MD, MS
*Assistant Professor of Medicine,
Divisions of Geriatrics and Cardiology
Montefiore Medical Center*

FEBRUARY 10

Cardiology Grand Rounds

*"A Look at the Growing Number of
Adults with Congenital Heart Disease"*

Cherkasky Auditorium
8:00 am – 9:00 am

Nicole J. Sutton, MD
*Attending Physician,
Pediatric Cardiology
The Children's Hospital at Montefiore
Assistant Professor of Pediatrics,
Albert Einstein College of Medicine*

FEBRUARY 14

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 17

Cardiology Grand Rounds

*"Novel Strategies for the Management
of Advanced Heart Failure"*

Cherkasky Auditorium
8:00 am – 9:00 am

Simon Maybaum, MD
*Medical Director,
Center for Advanced Cardiac Therapy
Cardiac Transplant and Assist Device Program,
Montefiore Medical Center*

FEBRUARY 18

Montefiore Heart Club Meeting *"Advance Medicine in CT Surgery"*

**Greene Medical Arts Pavilion (MAP),
7th Floor Conference room**
6:30 pm - 8:30 pm

William Jackobleff
CT Surgery Fellow

*Invitation open to patients and their families
along with hospital associates.*

FEBRUARY 19

Heart Health Lecture Series

Join experts from the Montefiore-Einstein Heart Center for a series of free educational seminars focusing on women and heart disease, risk factor awareness and related topics.

Cherkasky Auditorium
1:00 pm – 3:00 pm

Led by Robert Ostfeld, MD MSc.
*Attending Physician,
Associate Professor of Clinical Medicine,
Montefiore Medical Center*

FEBRUARY 24

Cardiology Grand Rounds *"Physical Activities and Reduced Risk of CVD"*

Cherkasky Auditorium
8:00 am – 9:00 am

Samia Mora, MD
*Assistant Professor of Medicine,
Harvard Medical School
Associate Physician Division of Cardiovascular
Medicine Brigham and Women's Hospital*

FEBRUARY 25

Heart Healthy Night with the New Jersey 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.

THROUGHOUT THE MONTH

FREE Heart Check-ups in February

Montefiore-Einstein Heart Center staff will offer free screenings for blood pressure, blood sugar and cholesterol throughout the month.

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 6th, 14th & 27th
8:00 am – 1:00 pm
Location: Food Pavilion, 2nd Floor
111 East 210th Street, Bronx

Weiler Division

February 10th, 20th & 24th
8:00 am – 1:00 pm
Location: Cafeteria Lobby, 4th Floor
1825 Eastchester Road, Bronx

North Division

February 3rd & 17th
8:00 am – 1:00 pm
Location: 1st Floor Classroom
4141 Carpenter Avenue, Bronx

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

