

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Asante Observes American Heart Month

Asante, home of the region's most comprehensive cardiovascular care team, will be observing American Heart Month throughout February. Information and activities [will be posted online](#) throughout the month.



Patients of Asante Rogue Regional Heart and Vascular Services have had more than 17,000 open heart surgeries since 1973, and more than 11,000 pacemakers, implantable defibrillators and intracardiac ablations.

The heart and vascular team at Rogue Regional includes 15 cardiologists, three cardiothoracic surgeons, six vascular surgeons, eight cardiac anesthesiologists, six intensivists, 17 hospitalists, 18 Emergency Department physicians and a cardiac rehabilitation medical director. Asante Three Rivers Medical Center also offers specialized heart and vascular services, such as cardiac catheterization.

February was first declared American Heart Month by President Lyndon Johnson in 1964. This year, President Barack Obama wrote in an [annual declaration from the White House](#) that “cardiovascular disease – including heart disease, stroke, and high blood pressure – is responsible for one out of every three deaths. It is the No. 1 killer of American women and men, and it is a leading cause of serious illness and disability.”

The president said nearly half of all Americans have [one or more major risk factors](#). He urged everyone to learn and act upon the [warning signs](#) of heart disease, and to work proactively to avoid heart issues.

“By maintaining a healthy diet, getting regular exercise and not smoking, you can control risk factors and help protect your heart,” Obama said.

Asante News is published every Monday. Deadline for submission of articles is every Thursday. Send via e-mail to asantenews@asante.org.
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