

# Heart Health 101: Prevention Strategies for Increased Health and Vitality

Workshop for Faculty, Staff, and Students

*Did you know that the heart pumps about 2,000 gallons of blood as it contracts and expands about 100,000 times per day? It's the most vital muscle in your body.*

**Wednesday  
February 19, 2014**

**9:00 – 10:30 a.m.**

**University Center  
Room 312**

**The program is  
9:00-10:00 a.m.**

**University Health  
Services will offer  
optional Body Mass  
Index (BMI) and blood  
pressure screenings  
from 10:00-10:30 a.m.**

**We will also share links  
to information about  
campus resources for  
smoking cessation,  
heart healthy recipes,  
and exercise.**

This year, more than 1 million Americans will have a heart attack or stroke, making heart disease the leading cause of death in men and women in this country.

Luckily, many risk factors are things you can do something about, and taking a preventive approach can help you lower your risk and keep your heart strong and healthy for years to come. Come to this session for life-saving information and expert advice on heart health.

In this informative 1-hour program, you will learn the basics of heart health, risk factors, and preventive strategies to steer clear of heart disease.

Interventional Cardiologist at the University of Maryland Medical Center, Dr. Gupta will also discuss common questions regarding preventive cardiovascular health, including:

- 1) Who needs to exercise?
- 2) What is the importance of controlling risk factors?
- 3) Who needs to take medications?

Feel free to bring your specific questions regarding cardiovascular disease. There will be Q&A time at the end of the session.

**About the instructor...**

Anuj Gupta, MD is an interventional cardiologist and the Director of the Cardiac Catheterization Laboratory at the University of Maryland Medical Center. Along with being the site principal investigator for several international research trials, he is the Treasurer of the Maryland American College of Cardiology. He has won several teaching awards, most recently as the Division of Cardiology's Teacher of the Year award in 2012.

**Register on the web by February 11th at: [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.

