

**Empower  
yourself against  
the nation's  
leading health  
threat.**



**Healthy Heart Program**

*Cardiovascular disease  
(or "heart disease") is the  
number-one cause of  
American disability and death.  
It kills more than 800,000  
people annually and accounts  
for more than one-third of  
American deaths. And 80  
million Americans — a quarter  
of the population — have  
one or more forms of  
cardiovascular disease.*

**Heart disease is potentially fatal... but preventable.**

A key characteristic of cardiovascular disease is the buildup of fatty substances in the blood vessels (atherosclerosis), which can reduce or block blood flow and lead to chest pain (angina), heart attack, stroke or sudden death. While certain cardiovascular diseases are unrelated to it, atherosclerosis remains central to the nation's epidemic of heart disease. Worse, by the time the problem is detected, it is usually advanced, having progressed "silently" for decades.

The good news? Heart disease is preventable through a healthy diet, an active lifestyle and avoiding smoking. But it can't prevent a problem you may already have. And if you have high cholesterol, high blood pressure, extra body weight, a history of smoking, a sedentary lifestyle or a high-fat diet, you need medical care... and compassionate support.

**Trust focused care, dedicated professionals & unsurpassed capabilities.**

At Mountain View Medical Center, we combine experience, skill, advanced methods and a proactive approach to minimizing risks and helping you prevent heart disease. Using advanced cardiovascular analysis software based on 50 years of data from the famed Framingham Heart Study, we calculate your risk. The data also helps us determine which methods—and to what degree—will best reduce your risks. This is the basis for our individualized recommendations and action plan, which includes continual monitoring of cardiovascular indicators, including blood pressure, cholesterol, weight, nutrition, lifestyle, etc.

At the same time, the physicians and staff of Mountain View Medical Center provide a unique dedication and compassion you'd expect from a family practice that's also a family business.

For advanced, comprehensive heart-healthy care backed by uncommon dedication to your needs and best health, call Mountain View Medical Center today.



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