

800 East Highway 71
Smithville, Texas 78957

SMITHVILLE HOSPITAL AUTHORITY NEWS

February 14, 2003

FOR IMMEDIATE RELEASE

Smithville Regional Hospital promotes heart health awareness during American Heart Month

The Event Planning Committee at Smithville Regional Hospital sponsored a door decorating contest to create heart health awareness during American Heart Month. The contest was judged on both creativity and educational value and 15 departments participated.

Heart disease and stroke—the principal components of cardiovascular disease—are the first and third leading causes of death in the United States, accounting for more than 40% of all deaths. About 950,000 Americans die of cardiovascular disease each year, which amounts to one death every 33 seconds.

Although cardiovascular disease is often thought to primarily affect men and older people, it is a major killer of women and people in the prime of life. More than half of all cardiovascular disease claims the lives of nearly 500,000 women each year. Research shows that most women do not recognize heart disease as a leading health problem and cause of death of women today.

Cancer is identified by more than half as both the greatest health problem facing women and the leading cause of death. In truth, heart disease kills more women than all forms of cancer combined and while 1 in 29 women's deaths are from breast cancer, 1 in 2.4 is from cardiovascular disease.

The Event Committee at SRH wanted to personally thank all of those businesses who donated prizes awarded to the top decorated doors. A \$25 gift certificate was donated by La Cabana restaurant in Smithville and a \$20 certificate was donated by Chili's in Bastrop. Daddy's Grille, also of Bastrop, donated a \$20 gift certificate to the contest. The Hospital Auxiliary Gift Shop donated a two dozen box of Lamb's Chewy Pralines, a picture frame with 6 different holiday panels and a heart shaped ceramic basket filled with Lamb's peppermints.

Special thanks go to Lenel Walsh, Executive Director for Smithville's Chamber of Commerce, who judged the contest.

FOR ADDITIONAL INFORMATION:
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