

Prevention

is the best medicine

IF you could benefit from a heart-health assessment, Bassett Health-care Network now offers a Preventive Cardiology Program & Lipid Clinic for people at risk for heart disease.

PROVIDING PEACE OF MIND

For Donna Thomson, 69, grandmother of five, the program provides peace of mind following an onset of symptoms that led her to the emergency room.

“I’ve always been an active person,” says Thomson, of Cooperstown. “In autumn, I began experiencing chest pressure, dizziness and nausea.”

When Thomson’s symptoms hindered her ability to enjoy golf and tennis, she knew something wasn’t right. “Thankfully, I had not suffered a heart attack, but I did learn that my blood pressure needs to be monitored more closely. When something doesn’t feel right, always address it.”

Thomson was referred to Bassett’s Preventive Cardiology Program & Lipid Clinic, where she underwent a heart-health evaluation and began a lifestyle management plan.

REDUCE YOUR RISK

“If you have risk factors, it is important to examine them and make a plan to lower your risk and get heart-healthy,” says Merle Myerson, MD, program director, board-certified lipid specialist and expert in the



Donna Thomson,
with her dog,
Kemosabe

prevention of cardiovascular disease.

The program is for individuals who:

- ▶ Wish to reduce their risk of heart attack, stroke and peripheral vascular disease (or prevent progression).
- ▶ Want a risk factor assessment.
- ▶ Wish to pursue healthy lifestyle modifications, including medication management.
- ▶ Have hard-to-control blood pressure, cholesterol or diabetes.
- ▶ Have trouble tolerating medication side effects.
- ▶ Have a family history of heart or cardiovascular disease.

“Dr. Myerson is supportive and comforting, and I feel confident that my

nutrition and exercise plans will keep me on the right track,” says Thomson.

The program offers cholesterol and lipid testing, blood pressure management, smoking cessation assistance, nutrition evaluation, weight-loss counseling, and screenings for cardiovascular disease.

“Bassett’s program is dedicated to improving quality of life for patients and helping those with risk factors lower their chance of developing heart disease,” says Dr. Myerson. “Cardiovascular disease is the No. 1 killer of men and women in the United States, and prevention is more important than ever.”

What are lipids?

Lipid is a term for fats. There are two types—cholesterol and triglycerides. **Cholesterol** is a waxy substance providing energy, produced by the body and found in foods. **Triglycerides** are found in blood and foods. Excess triglycerides are caused by weight gain, lack of exercise, smoking, alcohol use and carbohydrates. High levels of lipids are linked to heart disease.

Maintaining healthy lipid numbers is important in preventing heart disease and stroke.



IF YOU MAY BENEFIT from Bassett’s Preventive Cardiology Program & Lipid Clinic, contact your primary care provider or call **607-547-3180**. Services are available at Bassett Medical Center in Cooperstown and FoxCare Center in Oneonta. Learn more at bassett.org/preventive-cardiology.