

**Make the
call now**



Bassett Healthcare Network

Bassett Medical Center
1 Atwell Road
Cooperstown, NY 13326

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**Call 911
right
away**

if you think you or
someone else is
having a heart attack.
**Fast action can
save lives.**

Check your heart before you start



REGULAR exercise is an important way to lower your risk of heart disease, but you may wonder if it is safe for you to begin an exercise program or increase your level of exercise.

Bassett Heart Care Institute's Pre-Exercise Heart Screening Program is ready to help you reduce the risk for cardiovascular problems associated with participation in routine exercise as well as competitive and recreational sports.

"This program is important for not only older athletes who may have been sedentary but who want to start exercising or ramp up their exercise program, but it's also appropriate for younger athletes who may have inherited a genetic abnormality that puts them at risk for having a serious cardiac problem when playing competitive or team sports," says Merle Myerson, MD, Bassett cardiologist and applied and exercise physiology expert. "We want people to exercise—whether that's walking every day or running a 10K. Exercise is great for your heart, and we want you to do it safely."

The program is designed for individuals:











- ▶ Who have been inactive and want to start an exercise program or are active but wish to intensify their exercise.
- ▶ Who want to play competitive or team sports or participate at a higher level in a sport.
- ▶ With a family history of sudden cardiac death, irregular heart rhythms or congenital heart problems.
- ▶ Who have symptoms including fainting, chest pain or shortness of breath with exercise.



Merle Myerson, MD

Your diet,
too, can lower
your risk of
heart
disease.

Savor the
MEDITERRANEAN
FOR A HEALTHIER HEART

EVERYDAY EATS	 FRUITS AND VEGETABLES
	 WHOLE GRAINS
	 BEANS, LEGUMES & NUTS
	 OLIVE OIL FOR PREPARING FOOD
ENJOY DAILY OR WEEKLY	 FISH (2-3 servings weekly)
	 EGGS
	 LOW-FAT DAIRY FOODS
LIMIT OR AVOID	 POULTRY
	 SWEETS
	 RED MEAT

Interested in Bassett's Pre-Exercise Heart Screening Program? Call **607-547-3180** or **800-BASSETT (800-227-7388)**.

