



FREE HEART EDUCATION SERIES

VIA FACEBOOK LIVE: [Watch on McLaren Bay Region's Facebook page](#)



WEDNESDAY, FEBRUARY 3, 2021 | 5:30 p.m.

HEALTHY BLOOD PRESSURE

Daniel Lee, MD *Cardiologist, McLaren Bay Heart & Vascular*

Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension. High blood pressure is often called

“the silent killer” because it doesn’t usually cause symptoms, but it can damage your body over time. The best ways to protect yourself are being aware of the risks and making changes that matter. Join Dr. Lee as he discusses healthy blood pressure and small steps that you can take to control it.



WEDNESDAY, FEBRUARY 10, 2021 | 5:30 p.m.

HEART DISEASE SIGNS, SYMPTOMS & RISK FACTORS - THE BASICS!

Gassan Alaouie, DO *Cardiologist, McLaren Bay Heart & Vascular*

The term “heart disease” refers to several types of heart conditions and the most common type is coronary artery disease, which affects the blood flow to the heart. Sometimes heart disease may not be diagnosed until a person experiences signs or symptoms of a

heart attack, heart failure or an arrhythmia. High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. Join Dr. Alaouie as he discusses heart disease and what you can do to recognize and reduce your risk for this condition.



WEDNESDAY, FEBRUARY 17, 2021 | 5:30 p.m.

WHAT'S NEW IN CARDIOLOGY

Yousef Bader, MD *Cardiologist, McLaren Bay Heart & Vascular*

Join Dr. Bader as he provides an overview of some of the new offerings in cardiology, including

minimally invasive procedures such as TAVR, MitraClip, and Watchmen.



WEDNESDAY, FEBRUARY 24, 2021 | 5:30 p.m.

WHAT IS HEART FAILURE?

Sue Hafer, NP-C *Nurse Practitioner, McLaren Bay Heart & Vascular*

The term “heart failure” makes it sound like the heart is no longer working at all and that there is nothing that can be done. Actually, heart failure means that the heart isn’t pumping as well as it should be. Although heart failure is a serious

condition, many people can lead a full, enjoyable life when the condition is managed. Join Nurse Practitioner, Sue Hafer, as she discusses heart failure symptoms, causes, risk factors, and treatment.



WEDNESDAY, MARCH 3, 2021 | 5:30 p.m.

ARRHYTHMIA MANAGEMENT

Tiffanee Wazny-Kohl, NP-C *Nurse Practitioner, McLaren Bay Heart & Vascular*

Arrhythmia, also known as cardiac or heart arrhythmia, is a group of conditions in which the heartbeat is irregular, too fast, or too slow. Patients with arrhythmias, such as atrial fibrillation (AF) face an increased risk for stroke and heart failure, so early detection and treatment are important. The good news...

most arrhythmias can be effectively treated. Treatments may include medications, medical procedures such as inserting a pacemaker, and surgery. Join Nurse Practitioner, Tiffanee Wazny-Kohl, as she discusses arrhythmia management and why arrhythmias matter.