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SOUTH ASIAN HEART CENTER EXPANDS TO EL CAMINO HOSPITAL LOS GATOS

Launches with special heart risk assessment offer for Women

MOUNTAIN VIEW, California, December 18, 2009—In anticipation of expanding its program with a new location at El Camino Hospital Los Gatos, the South Asian Heart Center is sponsoring a women's health fair and screening event on January 23rd from 7 a.m. to 1 p.m. at the Los Gatos hospital.

The event offers a rare opportunity for South Asian women—those who trace their ancestry from India, Pakistan, Nepal, Bangladesh or Sri Lanka—to receive a comprehensive heart risk assessment without incurring any out-of-pocket expenses (if they have health insurance.) The three-part test is tailored to assess unique risk factors that contribute to a four-times greater risk of heart disease for South Asians, compared to the general population.

"More than half of heart attacks among South Asians occur before age 50 yet conventional guidelines for diagnosis don't call for evaluation until much later," said César Molina, M.D., Medical Director of the Center. "For women, the news is even worse, however, because unlike the general population, South Asian women appear to have an almost equal risk as men for heart attacks at an earlier age. Not only are many of South Asian women unaware of their elevated risk, but neither are their personal physicians. Even lifelong vegetarians, regular exercisers, and non-smokers aren't spared. The normal 'rules' just don't apply when it comes to heart risk in South Asians."

The three part screening includes a questionnaire-based heart health risk assessment, a brief physical exam and a blood draw for comprehensive metabolic analysis. The Center also will provide tailored follow-up and prevention recommendations for each participant based on the results of the screening. All out-of-pocket costs are being waived for insured participants. For those without insurance coverage, the out-of-pocket cost of the screening will be \$223.

In addition to the heart risk assessment screening offered by the South Asian Heart Center, The Women's Hospital at El Camino Hospital will offer carotid screening,

body fat screening, breast self exam demonstrations, free lectures on nutrition, stress management and women's health issues, as well as free Health Perks memberships.

Preregistration is required and will be available beginning January 1, 2010 on the South Asian Heart Center website at www.southasianheartcenter.org. For more information call 650.940.7242.

About The South Asian Heart Center

The South Asian Heart Center at El Camino Hospital in Mountain View, California, is the first nonprofit center in the world devoted to the prevention of coronary artery disease (CAD) in people of South Asian descent. The Center will soon announce a schedule for operation of its newest location at El Camino Hospital Los Gatos.

About The Women's Hospital at El Camino Hospital

With a free-standing, three-story maternal child health pavilion as its centerpiece, the award-winning Women's Hospital at El Camino Hospital encompasses not only prenatal, maternity and neonatal services, but also a comprehensive range of clinical services focused on the health needs of women throughout their lifetimes.

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