

# 29 DAYS WAYS for a Healthier Heart

**COVENANT**  
HealthCare

Extraordinary care for every generation.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## February 2020

In February, Covenant HealthCare celebrates American Heart Month. Join us in our month long celebration with special health screenings, assessments, discounts and events.

On average, Covenant HealthCare treats patients with STEMI heart attacks (which often result in death if not treated quickly) in 60 minutes or less (national goal is 90 minutes or less).

**1** Need a cardiologist close to your home? Visit [CovenantCardiology.com](http://CovenantCardiology.com) to see which of our nine locations is closest to you. No guilt required. Rich, dark chocolate contains flavonoids that can help prevent heart disease.

**2** Dr. Bashar Al Jayyousi  
**Take the stairs**

**3** Sitting for long periods of time could shorten your life, regardless of your body weight. It appears that being a couch potato has an unhealthy influence on blood fats and blood sugar. Whether at the office or at home, work in "get up" breaks – get up and move around or go for a stroll.

**4** Dr. Parthiv Amin  
**Stay in shape**

**5** Find cardiology patient resources at [CovenantCardiology.com](http://CovenantCardiology.com), including: My Family Tree Worksheet, Know Your Numbers, My Medical Card, Elements of Good Health and a Heart Healthy Grocery List.

**6** **National Wear Red Day**  
Know Your Numbers. Keeping your blood pressure, blood sugar, cholesterol and triglycerides in check is important for good heart health. Learn and take steps to reach and maintain the optimal levels for your sex and age group.

**7** Dr. Umesh Badami  
**Use less salt**

**8** Dr. Scott Huffaker  
**Stretch it out**

**9** Covenant HealthCare offers low-dose CT lung screenings that can save the lives of people at high risk of developing lung cancer. Call Nurse Navigator Ann Werle, RN, BSN, ONN-CG (T) at 989.583.5014 to find out if you are eligible.

**10** Dr. Mayar Jundi  
**Eat healthy**

**11** Go Fish! Eating a diet rich in omega-3 fatty acids can help ward off heart disease. Many fish, such as salmon, tuna, sardines and herring are rich sources of omega-3 fatty acids.

**12** Dr. Bakri Kaakeh  
**Cut the fat**

**13** **Valentine's Day**  
If your heart skips a beat, love may not be the cause! Call Covenant Cardiology for an appointment at 989.583.4700.

**14** **The Watchman Procedure** is used to lower stroke risks. This device is permanently implanted into the heart to reduce the risk of stroke-causing blood clots in people with non-valvular atrial fibrillation.

**15** Keep track of your heart health with an automatic blood pressure cuff from Covenant VNA. Cuffs are available for sale at 500 S. Hamilton and 700 Cooper in Saginaw, and at 6190 Hospital Dr., Suite 100 in Cass City.

**16** Dr. Loai Marouf  
**Get enough sleep**

**17** Carrying too much weight around the middle raises blood pressure, negatively affects blood lipids and does other damage to your heart. Abdominal exercises are good, but remember: it's calories in (what you eat) and calories out (how you exercise) that makes the difference.

**18** **FREE Covenant Health Fair** at 5:00 pm and **presentation by Chris Johnson** at 6:30 pm. Horizons Conference Center. To register, call 1.866.COVENANT (1.866.268.3626). Register early – space is limited.

**19** **FREE Healthy Heart Nutrition Class** at 5400 Mackinaw, Cardiovascular Health & Wellness Center, Second Floor. 1:00 pm. No RSVP needed.

**20** Along with the American Heart Association, Great Lakes Bay Region Goes Red local sponsor Covenant Center for the Heart presents the **2020 Go Red for Women Luncheon & Conference**. Contact Katie at 248.767.6846 or [Katie.Langston@heart.org](mailto:Katie.Langston@heart.org) for tickets – \$100 per person.

**21** Dr. Hossam Mustafa  
**Reduce stress**

**22** Dr. Manoj Sharma  
**Stop smoking**

**23** Put your hands to work and your mind will unwind. Engaging in activities like knitting, sewing and crocheting helps relieve stress and does your ticker a world of good...a jigsaw puzzle works great too!

**24** Love the other parts of your body too. Call 989.583.6278 to schedule your digital mammogram at 5400 Mackinaw, Saginaw or 600 N. Main, Frankenmuth and receive a FREE Breast Health Kit during the month of February.

**25** Dr. Michael Taipale  
**Laugh out loud**

**26** Covenant is offering a **FREE Smoking Cessation** informational seminar for your heart health on Thursday, April 16 from 6:00-8:00 pm. RSVP today by calling 1.866.COVENANT (1.866.268.3626). Register early – space is limited.

**27** Dr. Pauline Watson  
**Educate yourself**

**28** Enhance your meals and make them healthier with a variety of fruits, vegetables, beans and other nutritious plant-based foods.

Additional copies of this calendar can be obtained by going to [CovenantHealthCare.com](http://CovenantHealthCare.com).