

# No News...May be Bad News

What you don't know about your cardiac and vascular health can put you at increased risk for sudden cardiac arrest, stroke and other life-threatening events. Learn what you should be talking about with your doctor at this **FREE** lecture series with Silicon Valley's leading doctors.

**Lectures begin at 6:30 p.m.**

**Milpitas Public Library  
160 N. Main St.  
Milpitas, CA 95035**

**VTA Bus 66 stops in front  
of library**

**Call 1-888-RMC-8881 to  
pre-register**

 **Regional Medical  
Center of San Jose**  
*Dedicated To Your Well Being.*

## ***A Woman's Heart Attack is Different... November 17***

Research is revealing that women's risk of heart attack and cardiovascular disease is different from men's. While men's risk generally is going down, women's risk is increasing. Women's heart disease is sometimes unrecognized and untreated, and some women don't even recognize when they're having a heart attack.

*Silpa Avula MD is a Board-certified cardiologist who, as a woman, specializes in women's heart health.*

## ***Sudden Cardiac Arrest (SCA) December 1***

This silent killer claims almost 1,000 lives in America every day. SCA is not a heart attack. Unlike a heart attack, few survive SCA which is caused by irregular heartbeats. There are ways to find out your risk of SCA and, in many cases, to reduce your risk of SCA death.

*Ted Chow MD is a nationally-recognized Board-certified cardiologist and electro-physiologist who specializes in treatment of irregular heartbeats.*

## ***Peripheral Vascular Disease (PVD) December 8***

At least 10 million Americans have Peripheral Vascular Disease—and at least half of those don't know it. PVD has many causes and can lead to stroke, heart attack, infection and loss of limb function. PVD can be treated medically and surgically. Learn if you're at risk and what you can do to avoid complications of PVD.

*Rakesh Safaya MD is a Board-certified vascular surgeon who specializes in the treatment of complex vascular disease.*