

ST. VINCENT IPA NEWS

Welcome to St. Vincent. IPA News. This is your quarterly check-up for health tips, facts, and all you need to know from your Los Angeles Medical Group.



WELLNESS REMINDER

Warning Signs of Heart disease

Cardiac or heart disease covers a broad range of conditions that can affect any area of your heart including blood vessels, heart rhythm, valves, or the muscle. Some people are born with heart defects, but many develop these conditions over time. These diseases can be prevented or treated, so it is important to know the warning signs.

There are several symptoms that may indicate heart disease:

- Chest pain, tightness, pressure, or discomfort.
- Shortness of breath
- Numbness, weakness, coldness, or swelling in your extremities
- Pain in the neck, jaw, throat, upper abdomen or back
- Fluttering, racing, or slow heart rate
- Lightheaded, dizziness, or fainting

If you experience chest pain, shortness of breath, and/or fainting, seek emergency medical care or call 911. Talk to your doctor about any new or worsen symptoms. Heart disease is easier to treat when it is detected early.

ST. VINCENT IPA



The Patient's Choice for Health Care

Heart Health Activities

4 HEART HEALTHY EXERCISES



Walking

Walking regularly can lower blood pressure, help improve your mood, and reduce risk of a heart attack.



Yoga

Yoga can help lower your heart rate, blood pressure and blood cholesterol.



Cycling

Cycling can help reduce risk of cardiovascular diseases and can help improve heart strength.



Strength Training

Strength training can help reduce the chances of heart problems and help increase lean muscle mass.

Survey/Reviews Encouragement

We want your feedback.

In the business of caring for your health, your trust and satisfaction is of utmost importance. We welcome and encourage your feedback and strive for the highest standard in patient care. If you receive a patient satisfaction survey for a recent visit, please take a few minutes to complete and return that survey. Your feedback is invaluable. You may also visit us online at <https://stvincentipa.com/>.

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