



Havasu Heart Society

Education & Support Meetings

For patients, family and caregivers affected by or facing cardiac procedures

“providing hope, education, and support”

Havasu Heart Society

Chairperson,
David Olday

(701) 235-4385
cheridave@live.com

Cardiovascular disease claims more lives each year than cancer, chronic lower respiratory diseases, accidents and diabetes mellitus combined.

One in three adult men and women has some form of Cardiovascular



Under the umbrella of
Havasu Community Health Foundation

Located in The Shambles
2126 McCulloch Blvd Unit 7

P O Box 1410
Lake Havasu City, AZ 86405

Phone: 928 453 8190
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www.havasucommunityhealth.org

Supported by:



2016 Schedule

6:00-7:30 PM

1st Tuesday of each month
Hampton Inn, Golden Gate Room

January 5

Mended Hearts: Support for Heart Patients and Their Families
by Bob Oberfield, RPH, Regional Director

February 2

Sleep Apnea and its Effect on the Heart by Khizer Shaikh, M.D.

March 1

Open Heart Surgery by Pankaj Kulshrestha, M.D.

April 5

Parting Ways With My Old Best Friend: Joe Camel
(Smoking cessation help you can use)
By Bob Goodwillie, PharmD, MBA

May 3

You Ask, Dr. Dalloul Answers by Ghassan Dalloul, M.D.

June 7

Exercise and Your Heart (Cardiac Rehab) by Pat Foley, RN

July 5

Don't Believe Everything You Hear (Pharmaceutical Advertising)
by Edward Quinn, M.D.

August 2

A Dirty Mouth is Bad for the Heart (Oral Care and the Link with Heart Disease)
by Fadi Atassi, M.D.

September 6

What Really Goes on in the Cath Lab by HRMC's Cath Lab Team

October 4

How to Get the Most Out of Your Doctor Appointment
by Pareed Aliyar, M.D

November 1

Healthy Heart Cooking Demonstration

December 6

Don't Let Christmas Break Your Heart
Chaplain Joy Smith