



February is Heart Month.

Heart Disease is the #1 killer in the U.S.

MaineGeneral is offering **free** events and information about your heart health.

Click on the topics below for details:



Heart Health Information from our Cardiology Professionals

Listen to Mix 107.9 between 8 and 8:30 a.m.

- Thursday, Feb 2 Cardiologist Enrique Rivas, MD, FACC
- Thursday, Feb. 16 Cardiac Rehab nurses Renee DeRouche & Martin Orloski



Friday, Feb. 3 is Wear Red Day

Join MaineGeneral by wearing red Friday, Feb. 3.
Get women's heart health facts.



"Virtual" Grocery Shopping

Thursday, Feb. 9, 9 - 10 a.m.

Kennebec Valley YMCA, 31 Union Street, Augusta

This free one-hour session will give you tips on buying and preparing healthy foods that help prevent heart disease, cancer and other diseases.



Free Blood Pressure Checks

Saturday, Feb. 11, 11 a.m. - 2 p.m.

MGMC Express Care, 211 Main Street, Waterville



Heart Health Presentation

Monday, Feb. 13, 5:30 - 6:30 p.m.

Kennebec Valley YMCA, 31 Union Street, Augusta

Dr. Michael LaCombe will give a special presentation about heart health and heart disease.



Women and Heart Disease

Monday, Feb. 27, noon - 1 p.m.

Women's Initiative, 93 Main Street, Waterville

MaineGeneral's women's health navigator, Judy MacKenzie, RN, will lead a discussion on Women and Heart Disease.



Delicious, heart-healthy recipes

Programs offered by MaineGeneral to take charge of your health.

- Quit smoking support
- Move More
- Living Well

Symptoms of a Heart Attack

Are you at Risk?

Making healthy lifestyle choices can lower your risk of developing heart disease and improve your health.

Click on **each risk factor** to learn how it contributes to heart disease:

- [High blood cholesterol](#)
- [Smoking](#)
- [Unhealthy diet](#)
- [Stress](#)
- [High blood pressure](#)
- [Overweight and obesity](#)
- [Lack of physical activity](#)
- [Diabetes](#)

MaineGeneral Cardiology Services and Medical Professionals

MaineGeneral has comprehensive cardiology services and experienced medical professionals to help you maintain your heart health.

Click on a **service or physician** to learn more:

Programs and services

- [Cardiac Catheterization](#)
- [Digital Echocardiography](#)
- [Electrocardiogram \(EKG\)](#)
- [Nuclear Medicine Studies](#)
- [Cardiac Rehabilitation](#)
- [Diagnostic Testing and Procedures](#)

Medical Staff



[David Frost, MD](#)



[Heinrich Grube, MD, PhD](#)



[Michael LaCombe, MD](#)



[Enrique Rivas, MD, FACC](#)



[D. Brian Shea, MD](#)



[Edward Teufel, MD](#)



[Lesley West, MD](#)

To learn more about the heart care offered at MaineGeneral, [click here](#).



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MaineGeneral
Medical Center

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