

Go Red for Women



Broken Heart: An Expression or Actual Diagnosis?

People often feel pain from the loss of love. In some cases a broken heart isn't just an expression, it can be an actual medical diagnosis: Takotsubo cardiomyopathy or stress cardiomyopathy (also referred to as broken heart syndrome).

Broken heart syndrome affects women more often than men and the cause is not fully known. Most of the time, symptoms are triggered by extreme emotional or physical stress. Individuals experiencing broken heart syndrome believe they are having a heart attack, but there are some differences.



Join Us

Please join us on National Wear Red Day for a FREE heart healthy breakfast and seminar, presented by Ruth Townsend, MS, Director of Health & Well-being Solutions at Alaska Regional Hospital. We will discuss the causes, symptoms, diagnostic tests, treatment and prevention of broken heart syndrome.

Please wear red in support of women fighting heart disease. Men are also welcome to attend.

DATE & TIME

Friday, February 3, 2017 | 7:00-8:30 a.m.

Classrooms 1&2, Mezzanine Level

Medical Office Building E, 1200 Airport Heights
Alaska Regional Hospital

RSVP

Seating is limited. Please reserve your space to the ARH Event Registration Hotline at 264-1722 or alaskaregional.com/classes&events by Wednesday, February 1, to reserve your space.