



Colquitt Regional Promotes Heart Health Awareness During American Heart Month

Moultrie, GA — As February marks American Heart Month, Colquitt Regional Health System is encouraging patients and community members to prioritize cardiovascular health through education, prevention, and access to local resources. American Heart Month serves as an important reminder of the impact heart disease continues to have nationwide. According to the American Heart Association, cardiovascular disease remains the leading cause of death in the United States, reinforcing the importance of early detection and healthy lifestyle choices.

“Taking care of your heart is one of the most important steps you can take for your overall health,” said Colquitt Regional President and CEO Jim Matney. “At Colquitt Regional, we’re committed to offering education, preventive screenings, and helpful resources so our community has the tools and support to take care of their hearts.”

As part of its Heart Month efforts, Colquitt Regional will host a community health fair on Thursday, February 26, from 9:00 a.m. to 12:00 p.m. at the Matney Conference Center inside the Ameris Bank Medical Education Center. The event is open to the public and will offer a variety of free screenings and health resources, including height, weight, and BMI checks; skin checks; hearing tests; blood glucose level screenings; PSA screenings; heart-healthy snacks; giveaways; and more.

In addition to the health fair, Colquitt Regional continues to promote coronary calcium scoring as an effective tool for heart attack prevention. Coronary calcium scoring is a quick, non-invasive CT scan that takes 15 minutes or less and helps detect calcium buildup in the coronary arteries before symptoms develop.

“Above all else, guard your heart,” Sterling Physician Group Cardiologist Lawrence Ukpong, DO, MA, MPH, FACC. "This February, let’s care for the physical heart God entrusted to us—together, through prevention and action."

Colquitt Regional offers coronary calcium scoring for a \$60 cash price year-round. Walk-ins are accepted, and a physician’s order is not required. The test is recommended for males age 45

and older, females age 55 and older, and younger adults with two or more cardiovascular risk factors.

“Preventive care and education are essential to building a healthier community,” said Hospital Authority Chairman John Griffin. “By making screenings and diagnostic services more convenient and affordable, Colquitt Regional is helping patients and community members catch issues early and take practical steps to stay healthy.”

Individuals experiencing symptoms of heart disease such as chest pain, shortness of breath, or palpitations should seek immediate medical assistance by calling 911. For non-emergent needs or help establishing care with a cardiologist, please contact the Colquitt Regional physician referral line at 229-891-9362.

For more information about the Heart Month health fair, coronary calcium scoring, or cardiovascular services at Colquitt Regional, please call 229-890-3552.

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