



Vitruvian Health

FOR IMMEDIATE RELEASE

FOR MEDIA INFORMATION

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Hamilton Medical Center offers Take it to Heart program for community

DALTON, Ga. (February 21, 2025) – Twenty-five community members participated in Hamilton Medical Center’s (HMC) recent Take it to Heart program.

The program, provided annually in February, includes a free cardiac risk assessment and information to help prevent future heart problems.

The information portion includes education on causes, risk and genetic factors, diet, exercise, symptoms, treatments and medications. David Liff, MD, presented the educational part of the program.

“I always enjoy any opportunity to speak with the community about diet, exercise and ways to prevent heart disease,” said Liff. “We want to encourage lifestyle changes to help people stay healthy and avoid heart conditions.”

The second part, held at Hamilton Diagnostics Center, is a cardiac risk assessment including blood pressure, calcium scoring, lab work (total cholesterol and HDL), and body mass index (BMI).

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