



FOR IMMEDIATE RELEASE

FOR MEDIA INFORMATION

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## **Hamilton Medical Center to offer Take it to Heart program**

**DALTON, Ga. (December 31, 2025)** – Hamilton Medical Center (HMC) will offer its next Take it to Heart Program on Tuesday, Feb. 3 at 5:30 p.m. and Saturday, Feb. 7 at scheduled times. The program includes a free cardiac risk assessment and information to help prevent future heart problems.

Take it to Heart is a two-part program. The first part consists of an educational seminar in the Brown Auditorium at HMC, presented by David Fishman, MD, board-certified non-invasive cardiologist. The presentation includes education on causes, risk and genetic factors, diet, exercise, symptoms, treatments and medications.

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).

This program is free and open to anyone who has not participated in Take it to Heart in the last five years, is not currently being treated by a cardiologist, has not had stents placed in his or her heart, and has at least two of the following risk factors: family history of heart disease, high blood pressure, high cholesterol, diabetes, history of smoking and being overweight.

A physician's order for the cardiac scoring is required. Please have your physician send the order to Hamilton Diagnostics Center on or before Feb. 3 to receive a free CT scan. Fasting for lab assessment is recommended.

If you would like to attend this event and need assistance with interpretation services and/or auxiliary aids, please indicate when registering.

To register or for more information, call 706-272-6114. Space is limited.

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Sidebar:

### **Increased risk for heart disease**

- Family history of heart disease
- Smoking
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Diabetes
- Poor response to stress
- Drinking too much alcohol

Photo:

David Fishman, MD, board-certified non-invasive cardiologist

## **About Hamilton Medical Center**

The flagship affiliate for Vitruvian Health's Northwest Georgia region, Hamilton Medical Center (HMC) is a 255-bed regional acute-care hospital that offers major medical, surgical and diagnostic services, including accredited stroke and chest pain centers. Advanced technology and wellness are two significant areas of focus for HMC. Services include the freestanding Hamilton Ambulatory Surgery Center, Hamilton Diagnostics Center, and Bradley Wellness Center, as well as a Level II trauma center, Peeples Cancer Institute, Heart & Vascular program (including open heart surgery), Hamilton Spine Health and Sport, Level III Neonatal Intensive Care Unit, and more.