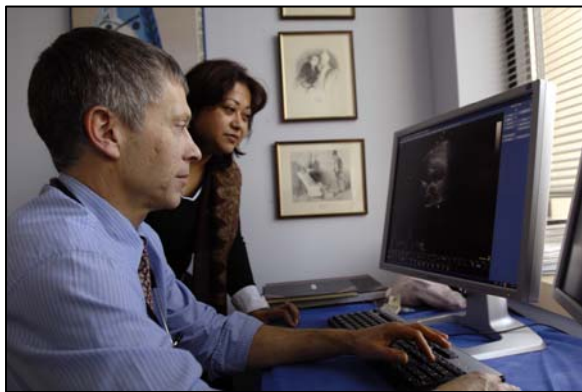


Dr. Shnider Promotes Heart Health at the 2007 Women's Health Expo



March 10, 2007

Heart disease is the number one killer of women in the United States, so when it comes to heart health, women need to take action. "Society discourages women from being healthy", says Reed Shnider, M.D., Cardiologist at Cardiology Associates, P.C. and Director of Preventive Cardiology and Wellness at Montgomery General Hospital, "and, as a result, women often don't take good enough care of themselves or get the medical attention they need. Women's health needs to become a priority—individually and as a society."



Reed M. Shnider, M.D. (left) of Cardiology Associates is the Director of Preventive Cardiology and Wellness at Montgomery General Hospital.

The annual Women's Health Expo at Montgomery General Hospital in Olney, Maryland was held on Saturday, March 10, 2007. This annual event included free screenings and up-to-date information on prevention, early detection, treatment, diagnosis and care for heart disease and several cancers, as well as other diseases. Attendees enjoyed demonstrations, lectures, giveaways, chair massages, and over 20 interactive health booths.

While the incidence of heart disease among men is going down, it is on the rise for women. There are several possible reasons for this discrepancy and lifestyle is one of them. "Women are so busy taking care of others that they have little time for themselves, let alone exercise" says Dr. Shnider.

Tai Chi was one of many demonstrations at the Women's Health Expo. "It's a very concrete discipline focusing on physical and emotional balance", Dr. Shnider adds. "The process of trying to master Tai Chi—maintaining balance, breathing and coordination—are the types of exercises I try to get heart patients to do.

Dr. Shnider led a discussion on women's heart health and the importance of a healthy diet and exercise; "It is often more difficult for women to maintain the necessary lifestyle changes, especially when the lifestyles of those around them aren't so healthy." Aaron Tucker, Sodexo Chef, followed Dr. Shnider's discussion with cooking demonstrations focused on Heart Healthy meals and Quick & Healthy meals for the whole family.



Dr. Reed M. Shnider (right) of Cardiology Associates, P.C. leads a discussion on diet and women's heart health while Sodexo Chef Aaron Tucker (left) demonstrates heart healthy cooking at MGH's annual Women's Health Expo.

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