



# News & Information

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## CMC and Pecos Valley of NM participate in “Go Red!” for Women’s Heart Health

February 19, 2010—In conjunction with National Heart Health Month, Carlsbad Medical Center and Pecos Valley of New Mexico, LLC participated in the American Heart Association’s “Go Red for Women” campaign February 4-5, 2010.

Healthy Woman, a Carlsbad Medical Center Resource designed to help empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones, sponsored an official “Go Red!” event on Thursday, February 4th, in downtown Carlsbad at the Stock Exchange. Featured speaker Patricia Gurczak, M.D., of Cardiovascular Associates of Carlsbad, stressed the importance of a healthy diet and an active lifestyle to prevent heart disease, which is the #1 killer of both men and women in America. The 84 women in attendance were treated to heart-healthy red wine and dark chocolate, and gift bags with official Go Red merchandise. Twenty lucky participants won door prizes including healthy cookbooks, pedometers, fitness gear and dvds, Go Red gifts, and fitness center memberships. For more information on CMC’s Healthy Woman Program, call 575-887-4160 or visit [www.carlsbadmedicalcenter.com](http://www.carlsbadmedicalcenter.com).

On February 5th, CMC and Pecos Valley of NM participated in “National Wear Red Day” in conjunction with the Go Red for Women campaign. Approximately 200 employees purchased “Go Red” shirts to help the American Heart Association (AHA) raise awareness of cardiovascular disease and empower women to reduce their risk.

With funds raised from the Healthy Woman event and the sale of the red shirts, Carlsbad Medical Center has raised and proudly donated \$1,000 to the AHA’s Go Red program to help advance its research and education efforts.



February 4, 2010 – Healthy Woman Go Red Event



February 5, 2010 - CMC & PVNM Employees Participate in National Wear Red Day

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### About Carlsbad Medical Center

Carlsbad Medical Center is a full-service 127-bed community hospital. Since 2004, CMC has reinvested a total of \$20 million in improvements and expansions, including a new Outpatient Diagnostic Center, upgraded diagnostic imaging equipment, an expanded Intensive Care Unit, and an upgraded and expanded Emergency Department. A \$15 million renovation project is currently underway, and will result in additional operating rooms, a renovated Women’s Services Unit, and a remodeled front entrance and lobby.