



Experts agree: The best heart care starts before a problem occurs and doesn't stop even after a problem is identified and addressed.

Heart care that doesn't miss a beat.

It's what ETMC does best with our regional system of care:

- First Physicians are ETMC doctors who practice a variety of specialties from family medicine to cardiology. They offer care, diagnosis and treatment with a focus on prevention.
- ETMC EMS provides timely emergency care that saves heart muscle.
- Air 1 helicopters extend lifesaving care to the far corners of East Texas.
- 12 ETMC hospitals offer emergency heart care in the region's largest trauma system.
- The ETMC Cardiovascular Institute provides lifesaving intervention through cardiac catheterization and open heart surgery.
- Cardiovascular programs at ETMC affiliate hospitals give East Texans ongoing heart care in their hometowns.
- ETMC cardiovascular rehabilitation programs throughout the region help patients recover and maintain healthy hearts.

What's your risk for heart disease?

Because of the high incidence of heart disease in East Texas, ETMC urges you to know your risk factors. If you're a man 45 years of age or older or a woman 55 years of age or older, see your doctor for a heart health assessment. If you need a physician referral, call HealthFirst weekdays between 7 a.m. and 7 p.m. at 903-531-8890, press 2; or 1-800-648-8141, press 2.



*East Texas Medical Center
Regional Healthcare System*