

**SOMETIMES
THE SOURCE OF
y o u r p a i n
IS OBVIOUS.
SOMETIMES
IT'S NOT.**



Is that pain in your chest

something serious? Or is it just last night's Kung Pao Chicken? Considering that fifty percent of people who suffer heart attacks experience the symptoms up to three days beforehand, knowing the warning signs could one day save your life. Or the life of someone you love.

Which is why we created the Heart Hero program. Since we've performed more heart procedures in the Quad Cities than anyone else, we know the importance of early detection. That's why we'd like to teach you how to recognize the early warning signs of a potential heart attack and what to do about getting treatment as soon as possible. Because the way we see it, it's far too valuable of a lesson to learn too late.

To get the Heart Hero Handbook and a schedule of upcoming events, a physician referral, or to learn how to bring the Heart Hero program to your school or business, call 1-800-383-2575.

Genesis Health System.

Life happens.

**DeWitt Community Hospital
Genesis Medical Center
Illini Hospital**



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www.genesishealth.com

SURE
WE CAN HELP
simplify
YOUR LIFE.
BUT PROGRAMMING
YOUR VCR
IS ANOTHER STORY.



While we can't make everything in your life easier, there is a friendly service that can simplify your health care needs.

Introducing HealthQuest. It's a free membership program for anyone age 50 or over filled with helpful services, classes, a regular newsletter and fantastic discounts. With programs available at all Genesis Health System hospitals, our health care experts can help you sort out insurance papers and file Medicare forms. We'll even save you money on prescriptions, medical equipment and meals. And best of all, it's completely free. Who needs to watch TV when there's a program like this?

For a free informational brochure and membership application, give us a call at 800-383-2555.

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Five servings of fruits and vegetables **A DAY** IS ALL WE ASK.

[But of course, feel free to go overboard.]



Sure, five servings a day may seem like a lot, but it's really not that tall of an order. After all, one serving equals just one cup of lettuce, $\frac{3}{4}$ cup of vegetable juice, $\frac{1}{2}$ cup of cooked vegetables or $\frac{1}{2}$ cup of fresh fruit. Considering that one-third of all cancer deaths each year are caused by dietary factors, adding a salad or a piece of fruit to your meals can be one of the most important – and simplest – ways to stay healthy.

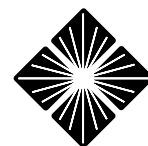
Which is why we created our Five-A-Day Program and guide, with nutritional and dietary recommendations and many other valuable prevention tips including staying physically active, and limiting fat and alcohol intake. And after all, who better to bring you this program than Genesis Health System? The folks who brought you the Genesis Regional Cancer Center, the Center for Breast Health, and advanced technology like Gamma Knife® radiosurgery.

For your copy of our guide, upcoming cancer screenings, or a physician referral, call 1-800-383-2575.

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