



FOR IMMEDIATE RELEASE
Feb 19, 2015

CONTACT: Melonee Hurt
615.435.5357

WMC and Vanderbilt Health team up for heart disease prevention seminar
Hear Cardiologist Brent Anderson, M.D. and a 43-year-old heart attack survivor speak

FRANKLIN, Tenn. — Williamson Medical Center and Vanderbilt Health continue their education series partnership with a free event Tuesday, Feb. 24 beginning at 5:30 p.m. in the main lobby on the WMC campus. Come hear an informative presentation by Vanderbilt cardiologist Brent Anderson, M.D., as well as a first-hand testimonial by Elizabeth Tyer, a 43-year-old Franklin resident who survived a heart attack known as a “widowmaker.”

Anderson will discuss ways to prevent heart disease, how to recognize the signs and how you can decrease your risk for heart disease or a heart attack. He will speak to the newest treatments, research and information about heart disease and will answer your questions as well.

Tyer, who has been featured in WMC’s newest commercial campaign, knew that the men in her family were predisposed to heart disease, but never thought she would be at risk. She will explain what happened to her, what the symptoms were and what she did about it. This information could save the life of you or someone you love.

Anderson says the biggest misconception about heart disease is that people generally don’t have a good firm grasp on how much lifestyle really affects risk.

“In a patient who is overweight and doesn’t exercise regularly, they clearly don’t have a good understanding of their risk,” he said. “I run into these types of patients all the time and as a physician, we have to educate the patient that it’s more about small pieces that contribute to a high risk. We generally can’t point to one single ‘a ha’ thing that explains why they will have heart disease in the future.”

He said a physician will first identify those patients who have high blood pressure, high cholesterol or who smoke. The next tier of identifying risks is to find those overweight individuals who have pre-diabetes or diabetes.

“We as cardiologists look at patients now as well as their lives a decade or two down the road so we can see what we can do now to affect positive changes in their health and reduce their risk of cardiovascular disease in the future,” he said.

After the presentation, members of Williamson Medical Center’s Cardiac and Pulmonary Rehab team will conduct a short tour of their new facilities on our campus and talk about the extremely successful cardiac and pulmonary rehab program we have right here in Williamson County.

The program is free and open to the public. Refreshments will be served beginning at 5:30 and the presentation will begin at 6 p.m. Visit VanderbiltHealth.com/CommunityEvents or call (615) 936-0322 to register to attend.

ABOUT WILLIAMSON MEDICAL CENTER

Williamson Medical Center, a 185-bed hospital fully accredited by The Joint Commission, provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes and in July of 2015 will open the doors to Monroe Carell Jr. Children’s Hospital Vanderbilt at Williamson Medical Center. For more information visit www.williamsonmedicalcenter.org.

###