



NEWS RELEASE

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FOR IMMEDIATE RELEASE

ST. LUKE'S HOSPITAL "DAY OF DANCE" SHINES THE SPOTLIGHT ON HEART ATTACKS IN WOMEN

St. Luke's, the only Spirit of Women Hospital in St. Louis, unveils a special dance locally to spread awareness of heart attack symptoms in women and the importance of calling 9-1-1.

CHESTERFIELD, MO, February 25, 2011 – When hundreds of St. Louis women gather for the third annual St. Luke's Hospital Day of Dance on Saturday, February 26, they will take part in a nationwide effort to shine the spotlight on heart attacks in women.

The free, interactive event, from 9 a.m. to 12:30 p.m. at the Hilton St. Louis Frontenac (1335 South Lindbergh Blvd.), gives participants the chance to learn fun, easy dance steps, speak with physicians and health educators and get health screenings.

As the exclusive Spirit of Women Hospital in St. Louis, St. Luke's will unveil a special dance locally at 10:45 a.m. to spread awareness of heart attack symptoms in women and the importance of calling 9-1-1. The effort is part of the "Make the Call, Don't Miss a Beat" campaign launched this month by the U.S. Department of Health and Human Services Office on Women's Health.

"It's critical women know the symptoms of a heart attack and call 9-1-1 immediately because time lost leads to heart muscle lost," said Andrea Moyer, MD, St. Luke's Hospital cardiologist. "St. Luke's Day of Dance aims to empower women with this lifesaving information and encourage heart-healthy habits through the enjoyment of dance."

Heart disease is the leading cause of death for women, and one in three women will have a heart attack or chest pains at some point in her life. Women should call 9-1-1 immediately if they experience any of the following symptoms:

- Chest pain, discomfort, pressure or squeezing
- Shortness of breath
- Nausea
- Light-headedness or sudden dizziness
- Unusual upper body pain or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach
- Unusual fatigue
- Breaking out in a cold sweat

The Spirit of Women Hospital Network is a partnership of hospitals across the United States that ascribes to the highest standards of excellence in women's health, education and community outreach. St. Luke's joins more than 70 other Spirit of Women Hospitals across the country hosting similar Day of Dance events on the same day.

About St. Luke's Hospital:

St. Luke's Hospital, located in Chesterfield, Missouri, is a regional healthcare provider committed to improving the quality of life for patients and the community. The 493-bed, not-for-profit hospital offers more than 60 specialty areas including cardiovascular care and surgery, cancer care, neurosurgery and neurology, orthopedics, maternity and other women's health, general medicine, outpatient services, pediatrics and comprehensive surgical services.

St. Luke's was the only Missouri hospital recognized in 2007, 2008, 2009, 2010 and 2011 as an America's 50 Best Hospital™ by HealthGrades®, ranking among the top one percent in the nation based on superior clinical quality. For more information about St. Luke's Hospital, please visit www.stlukes-stl.com/newsroom.

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