



A New Day. A New Vision for the Valley.

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Merrimack Valley Hospital to Hold Seminar on Lifestyle and Cardiac Health

Merrimack Valley Hospital will hold its fifth Meet the Expert seminar of the year on May 18, 6-7 pm with Nadeem Afridi, MD, PhD, a cardiologist with Clipper Cardiovascular Associates.

During the seminar, titled Lifestyle and Cardiac Health, Dr. Afridi will talk about the things people can do on their own to improve their health.

He will talk about how to tell if you are truly healthy; what a proper diet is, and which foods are considered healthy foods; the importance of physical activity and good exercise habits; BMI-the height/weight mismatch and its long-term consequences; and an attitude for life with reduced stress and good time management skills.

The event, which is free and open to the public, will be in the hospital's first floor auditorium. Light refreshments will be served. One free contact hour for nursing will be awarded at the end of the presentation. Registration is required.

Merrimack Valley Hospital is located at 140 Lincoln Ave. in Haverhill, MA. For more information or to register, please call 978.420.1168 or e-mail jean.macdougall-tattan@merrimackvalleyhospital.com .

About Merrimack Valley Hospital:

Merrimack Valley Hospital maintains 107 acute care beds and 17 adult behavioral medicine beds; all are private rooms. The hospital's clinical strengths include a 24-hour emergency department; orthopedic, endoscopic, general, vascular, thoracic, GYN and urologic surgery and outpatient pediatric surgery; wound care with hyperbaric therapy; adult behavioral medicine care with a focus on geriatric issues; a comprehensive Pain Management Center; a Sleep Study Lab; gastroenterology; otolaryngology and hospitalist services. MVH also provides a wide range of outpatient services, such as bone density testing; dysphasia testing; echocardiograms; electroencephalograms (EEG); electromyography (EMG); full-field digital mammography; magnetic resonance imaging (MRI); position emission tomography (PET-Scan); pulmonary function testing(PFT); nuclear medicine; surgical day care; ultrasound (general & obstetrical), and physical therapy and x-rays, and 64-Slice CT scans.

The hospital's awards for excellence include the Excellence Through Insight Award, 2008 (HealthStream Research); Best in Value Hospitals, 2008 (Data Advantage); Top Ranked Community Value Provider Award, 2007 (Cleverley & Associates; National Quality Leader Award for Pneumonia Care, 2006 (CareScience Select Practice); High Reliability Cardiac Care Award, 2006 (MassPRO); and An affiliate of Essent Healthcare, Inc., the hospital serves Merrimack Valley and southern New Hampshire. More information can be found at www.merrimackvalleyhospital.com. Merrimack Valley Hospital is a licensed and certified mammography facility.