



TOPIC : HEART DISEASE & STROKE

MOUNTAIN TIME SCHEDULE • JUNE 28, 2010 - SEPTEMBER 26, 2010 • TOPIC: HEART DISEASE & STROKE						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11:30pm						
Going Home on Blood Thinners	---	---	Going Home on Blood Thinners	---	---	---
7:30am • 3:30pm						
---	Going Home on Blood Thinners	---	---	Going Home on Blood Thinners	---	---
12:00am • 8:00am • 4:00pm						
Living with Heart Disease	Irregular Heartbeats: Restoring The Rhythm	---	Heart Disease: Women At Risk	Living with Heart Disease	---	Heart Disease: Women At Risk
12:30am • 8:30am • 4:30pm						
Leg Pain: When To Act	Heart Failure: Beating the Odds	Healthy Living After a Heart Attack	Heart Failure: Beating the Odds	Controlling Hypertension	Angina: When To Get Help	Controlling Hypertension
2:00am • 10:00am • 6:00pm						
Deep Vein Thrombosis: Are You At Risk?	Stroke Care: Every Minute Counts	Deep Vein Thrombosis: Are You At Risk?	Stroke Care: Every Minute Counts	Deep Vein Thrombosis: Are You At Risk?	Stroke Care: Every Minute Counts	Stroke Care: Every Minute Counts



RELATED LIFESTYLE PROGRAMS:

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11:30pm		Taking Medications Safely					
7:30am 3:30pm			Taking Medications Safely				
12:00am 8:00am 4:00pm						Healthy Aging	
1:30am 9:30am 5:30pm	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today
3:00am 11:00pm 7:00pm	Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Stays: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital	Staying Safe in the Hospital: Patient Essentials	Patient Safety: Doctors' Stories
4:00am 12:00pm 8:00pm	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol
6:00am 2:00pm 10:00pm	Understanding Obesity: The Key to Weight Loss		Nutritional Needs: Prescription For Health	Understanding Obesity: The Key to Weight Loss		Taking Antibiotics Properly	Physical Activity: Improving Your Health