How Healthy is Your Heart?

There are 3 things you can do now to assess your heart health.

Find a Physician

Register for a Free Screening

Take an Online Heart Health Assessment

Your Heart.
Our Commitment to Care.

Getting your heart in shape is vitally important to your well-being. The right heart treatments can vastly improve your quality of life, helping you breathe easier, move faster and feel younger, often without major surgery or long hospital stays. At Lakewood Regional Medical Center, our dedicated team of healthcare professionals provide personalized treatment for heart conditions including abnormal heart rhythm, hypertension, aortic, congestive heart, coronary artery, valvular and vascular diseases.

To Find a Physician Complete the Form Below or Call 562-372-6304.

* First Name:
* Last Name:
* Email Address:
* Phone:
* Zip Code:

☑ I agree to receive periodic health-related updates and information.

Submit Now

A representative will contact you within one business day.

Heart Health Risk Assessment

The keys to preventing heart disease include managing risk factors like blood pressure, cholesterol and blood glucose levels. But you can't manage what you haven't assessed. This free, online assessment will help you find out your risk factors and take action to minimize your risk for heart disease - starting today!

Begin my Assessment

Compare
Compare your actual heart age to your heart's biological age

Calculate
Calculate your risk of developing cardiovascular disease

Prioritize
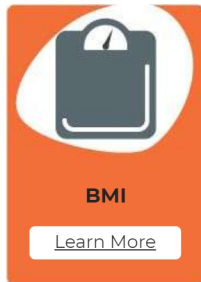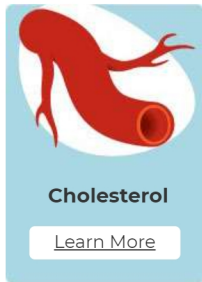Learn how you can minimize your most harmful risk factors

Learn
Find out steps you can take to improve your heart health

Do You Know the Numbers that Can Save Your Life?

The American Heart Association recommends beginning heart disease prevention early in life starting with assessing your risk factors and working to keep them low. Monitor and understand these four risk factors, along with talking to your doctor about them, to better your chances of leading a heart-healthy life.

4 Risk Factors

Blood Pressure
Learn More

Cholesterol
Learn More

Blood Sugar
Learn More

BMI
Learn More

Lakewood Regional Medical Center is proud to support the American Heart Association's Healthy For Good Campaign.

![American Heart Association]
life is why®

Healthy For Good™

Lakewood Regional Medical Center

- American Heart Association Mission Lifeline – Registered
- An acute care community hospital offering comprehensive heart and cardiovascular services