

## Cardiology Services at Prowers Medical Center:

- Cardiac Rehabilitation
- Echocardiogram
- Stress Echo
- Lab Testing
- Cardiologist (Dr. Gustafson)

To learn more,  
scan the QR Code



## Do Cardiologists LOVE Blueberries?

Yes! In fact, blueberries are Heart-Check certified through the American Heart Association® Heart-Check Food Certification Program. Each serving (a handful or cup) of blueberries is a good source of fiber, which helps support heart health and digestive health.

## Show LOVE to your Rural Healthcare Provider

The dedicated team at Prowers Medical Center takes immense pride in being your place for complete, compassionate care. We are committed to supporting our local economy while delivering both emergency and non-emergency care to you and your family, who have chosen to live in our rural communities.

Please share a note of gratitude by visiting the form at:  
[prowersmedical.com/thank-you-form](https://prowersmedical.com/thank-you-form)



## February is time for roses, chocolates and knowing how healthy our hearts are!

Heart disease is still the leading cause of death for men, women and people of most racial and ethnic groups in the United States. High blood pressure, high cholesterol and smoking are key risk factors; along with diabetes, obesity, an unhealthy diet and physical inactivity.



If you suspect you are at risk, or you're out of sync with an annual physical routine, seek an appointment with your primary care provider right away. They may refer you for testing or an appointment with our visiting cardiologist, Dr. Gustafson.

With a care plan that is unique to you, you may avoid being a national statistic.

## Our Team Supports Heart Health Month by Wearing Red – February 7th



**We want to hear from you!** Join our Community Advisory Stakeholder Engagement (CASE) meetings. The Q1 meeting will take place on March 21, 2025 at noon at the Cultural Events Center and lunch will be provided.

Your Place for Complete, Compassionate Care

401 Kendall Dr, Lamar, CO • [prowersmedical.com](https://prowersmedical.com)  