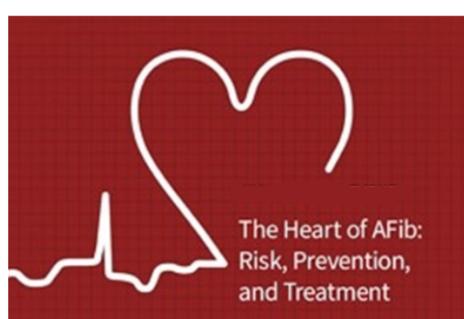


February 2021



The Heart of AFib: Risk, Prevention, and Treatment

A year and counting of COVID-19 has taken a toll on our hearts, both figuratively and literally. February is Heart Health Month, and we would like to share the many ways in which Stanford Medicine has been working harder than ever to protect and uplift

your cardiovascular health. Learn how Stanford Medicine is pioneering AFib treatment, translating the latest medical research into precise and minimally invasive therapies. Listen to Stanford Health cardiac experts in a recording of the February 6, 2021, virtual event "The Heart of AFib: Risk, Prevention, and Treatment" by clicking [here](#). (Recording optimized for Google Chrome)



Stanford Health Care – ValleyCare’s Heart Program

Did you know that the American Heart Association recommends that heart attack prevention begin at age 20? Stanford Health Care – ValleyCare offers a comprehensive heart program for all conditions involving the heart and vascular system. Our highly trained, experienced doctors deliver world-renowned, Stanford-quality care using state-of-the-art technology. Stanford

Health Care – ValleyCare’s heart program includes community outreach; noninvasive diagnostic testing; interventional cardiology; cardiac rehabilitation; and open-heart and vascular surgery for treatment of coronary artery and valve disease. To learn more about the heart program or to find a cardiologist, click [here](#).

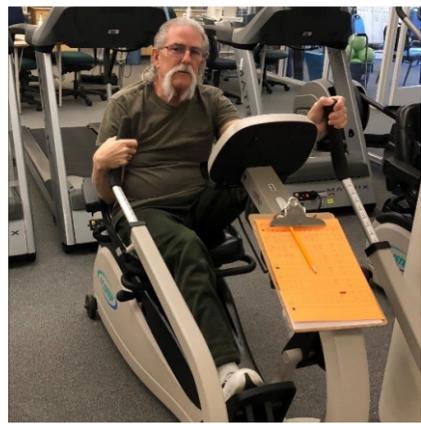


Our Cardiac Rehabilitation Team

Each day, Stanford Health Care – ValleyCare’s Cardiac Rehabilitation team works with patients recovering from a variety of cardiovascular issues, to help them lead a healthy and full life. In this medically supervised exercise and education program, our team works with patients in a one-on-one setting and small cohorts to help them regain their strength and stamina and reduce their risk of repeat heart

problems. To learn more about the Cardiac Rehabilitation program, click [here](#).

(Pictured above: Cardiac Rehab team members Nicki Brown and Sony Kapoor, prior to COVID-19 restrictions)



A New Beginning

Michael Jenks credits the Stanford Health Care – ValleyCare Cardiac Rehabilitation program for giving him "a new beginning"! Thanks to donors like you, he was able to enroll in our program. Did you know that donations to VCCF help fund pioneering programs, technology, and services like the cardiology and cardiac rehabilitation program at Stanford Health Care – ValleyCare? These programs help

meet the healthcare needs of our rapidly growing and changing community. Investments from donors like you have funded the purchase of advanced equipment and technology and provided innovative medical programs and services right here in the Tri-Valley. Donations of any size are welcome. To make your donation today, click [here](#).

(Pictured above: Michael Jenks, prior to COVID-19 restrictions)

ValleyCare CHARITABLE FOUNDATION

Supporting
Stanford Health Care - ValleyCare

Your ValleyCare Charitable Foundation (VCCF) team has one mission: to help provide Stanford Health Care – ValleyCare with the resources it needs to offer the Tri-Valley exceptional, patient-centered community medicine, coupled with specialized Stanford Medicine programs to deliver a full continuum of care. This eNewsletter is a monthly email newsletter distributed to friends of ValleyCare Charitable Foundation. If you have questions about the content in the newsletter, please contact the [VCCF Team](#).

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