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Every 20 Seconds...  
**Osteoporosis Causes a Fracture**



**HIP** - Half of those who fracture never walk independently again.



**SPINE** - Causes posture change, height loss, and often chronic pain.



**WRIST** - Interrupts activities of daily living and causes pain.



Fighting Osteoporosis & Promoting Bone Health

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The region of the sky that is permanently hidden gets smaller the closer you get to the equator. At the equator a person can see all the stars visible from earth during the course of the year.

**"I nearly ignored the ad that ended my crippling pain"**

"My doctor told me that my age, being overweight and working long hours all my life had taken its toll on my joints. He said all I could do is take pain pills and try to learn to live with constant pain. My hands hurt so bad, I couldn't even put my billfold in my back pocket. I even had to sleep in a chair because it hurt to lay down in a bed. Then I noticed on the booklet I threw in the trash how an 84 year old man with worse problems was now pain-free. I had to try. I'm 92 now and have been pain-free for seven years."



-Donald R. Florea, farmer

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And if you need heart surgery, chances are you won't be able to justify going anywhere else, either.

Consider this: Our surgeons, trained at some of the most prestigious institutions in the nation, have performed over 3,000 open-heart surgeries.



**you use your head, you won't  
 one else work on your heart.**



And this: In the most recent rankings, we were named one of the 100 Top Hospitals in America for heart care. The main criteria for achieving this distinguished designation: Positive outcomes.

And this: HealthGrades, an independent organization that rates the performance of medical facilities across the nation, recently awarded our coronary bypass surgery services five stars, their highest ranking.

You see, the facts are, our physicians are second to none. Our technology is second to none. And our level of care and our facilities are second to none.

Plus, when your heart surgery is over, we're still here for you for follow-up care. And to supervise your cardiac rehab program at a FirstHealth Family Care Center near you.

So if you've been told you need heart surgery, we invite you to compare. Look at what we offer. Look at what other places offer. Because when you do that, we're confident you'll do the same thing Adolph Blue did:

Make FirstHealth your first choice for heart surgery.

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