



Alive&Well

A health presentation by UPMC

# IS PLAQUE PLUGGING UP YOUR BLOOD VESSELS?

What you can do to reduce  
your risk of vascular disease

**Tuesday, Nov. 12, 2019**

**5:30 to 7 p.m.**

5:30 p.m. Free health screening  
and light refreshments

6 p.m. Presentation

**UPMC East**

Conference Center A and B  
Ground Level  
2775 Mossdale Blvd  
Monroeville, PA

Did you know that half of all adults have a “plumbing problem” due to clogged blood vessels and arteries? Poor blood flow can affect virtually every part of your body, from your eyes, heart and brain to your kidneys and extremities. Thankfully, there are preventive measures you can take to decrease your risk for developing vascular problems like neuropathy, peripheral artery disease and varicose veins. Learn more about general vascular health, risk factors and treatment options from **Lindsey Haga, MD**, a vascular surgeon with the UPMC Heart and Vascular Institute.

**UPMC | EAST**

*Parking will be validated.*

Registration is required, call **412-357-3700**,  
or visit **UPMC.com/Classes**.