

**Hermosa Beach Firefighters Association  
Local 3371  
are proud to support**



**Free Heart Health Talk for Fire Service Personnel  
Saturday, August 23<sup>rd</sup>, 7:00AM  
Hermosa Beach City Council Chambers**

Heart attacks are killing our friends and family in the fire service. The IAFF reports sudden cardiac events, including heart attack, stroke and complications from heart attack as the leading cause of LODD (Line of Duty Death) among first responders. (1)

In 2007, a groundbreaking report from Harvard University published in *The New England Journal of Medicine* drew the correlation between extreme exertion and "undetected coronary artery disease" for Firefighter LODD's associated with cardiac events. (2)

**National Firefighter Health Week** is a week-long initiative is designed for fire departments throughout the US to participate in health and awareness activities and seminars supporting heart health, stress management, nutrition and fitness.

Brian Grebbien, President of the Hermosa Beach Firefighters Association points out, *“The Hermosa Beach Firefighters are proud to serve as fire and emergency first responders to the citizens of Hermosa Beach. We are also dedicated to providing on-demand mutual-aid support to our neighboring cities of El Segundo, Torrance, Manhattan and Redondo Beach. Part of the HBFA’s mission of continuous health and wellness education and as a “thank you” to our colleagues in the fire service, we would like to extend an invitation to join us for this important heart health seminar.”*

**Please Join Us!**

A proud health sponsor of the HBFA, **Michael Richman, MD** is [WebMD](http://www.webmd.com)'s medical expert on heart health and cholesterol management. In support of National Firefighter Health Week, Dr. Richman will present a seminar discussing the latest research and technology available to best detect your risk of coronary artery disease. After his hour presentation, he will be open for questions regarding heart disease, your individual risk and specifics on the topic of advanced cholesterol testing.

Please consider joining us on Saturday, August 23<sup>rd</sup>, 7:00AM in the Hermosa Beach City Council Chambers on Valley Drive behind the Hermosa Beach Firefighters Association **Call the HBFA at 310-376-6988 for more information.**

1. (source: [www.iaff.org](http://www.iaff.org) LODD Database 2008).

2. (source: NEJM Vol 356:1207-1215 March 22, 2007 No. 12)