



"Providing unsurpassed healthcare with a personal touch"

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## Happy Valentine's Day

**A Valentine's Day That Won't Break The Bank**



[8 Great V-Day Gestures](#)

[Cheap Valentine's Day](#)

[15 Cheap V-Day Dates](#)

[Flowers Under Fourty](#)

[The History of Valentine's Day](#)

### Greetings!

As we enter February and celebrate American Heart Month, LHS will continue to develop programs that cater to heart disease and other related diseases. We look forward to working with all of you on these programs and please do not hesitate to call us if you need anything.

Regards,

*Kevin*

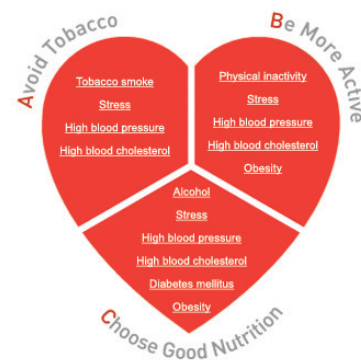
Kevin Zepp

President

Liberty Healthcare Services

### February: American Heart Month

With heart disease, stroke and other fatal heart conditions on the rise, taking care of your most vital organ needs to be your first priority. The articles below will help educate you and contribute to a longer, heart healthy lifestyle.



- As many doctors warn, diet has a direct effect on the health of your heart. Here are a few [classic](#)

[recipes](#) with a new, heart healthy make-over to help you make the most of your meals.

- Along with diet, here are an additional [six simple steps](#) that can guide you to heart happiness.
- 12 Possible [Heart Symptoms](#) To Never Ignore.
- [Be Heart Smart!](#)

## National Summit on Health Care Fraud

U.S. Department of Health and Human Services Secretary Kathleen Sebelius and Attorney General Eric Holder convened a "National Summit on Health Care Fraud" on Thursday January 28, to bring together leaders from the public and private sectors to identify and discuss innovative ways to eliminate fraud, waste and abuse in the U.S. health care system. The National Summit is the latest initiative of the Health Care Fraud Prevention & Enforcement Action Team (HEAT).



Read more about the [Summit](#) here.

[Obama](#) Wants Private Sector to Help.

## Simple Steps to Avoid Burnout

Dawn Murphy, senior vice president of human resources at Saint Luke's Health System in Kansas City, MO, attributes much of burnout to workplace "broken processes."

"Burnout, if you look at it in its simplest form, is driven by employees being frustrated because they aren't able to accomplish the goals for themselves," Murphy says. "Our challenge is to find out what the cause of that is and put structure and process and resources in place so they can accomplish what it is they want to accomplish."

Read the full [Health Leaders](#) article here.

## Long Before Symptoms, Blood Test May Reveal Rheumatoid Arthritis



A blood test can predict rheumatoid arthritis long before a person notices symptoms, say Swedish researchers.

They identified several cytokines, cytokine-related factors and chemokines whose levels increase significantly as much as several years before the onset of rheumatoid arthritis (RA).

Read the full [Health Day](#) article.

[Click Here](#) to learn more about RA.

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