



# Your Heart and Health



## STATE OF THE ECONOMY AND HEALTH CARE

By David Kavesteen, MD, FACC

The unstable state of the economy has taken its toll on numerous facets of life: employment, education, retirement, family - and now our health care and well-being are at stake. With health insurance premiums rising by 15 to 20 percent this year, along with increases in co-pays and deductibles, patients are struggling to afford basic office fees and medications. Many must choose between mortgage payments and office

bills causing them to forgo crucial tests and procedures therefore worsening their medical conditions. Many have stopped taking their medications altogether simply because they cannot afford the prescriptions - financially forcing them into non-compliance.

The future of medicine is uncertain. The national health care reform, which is expected to take full effect in 2014, may be too late; what can we do now? Dr. David Kavesteen, founder of Heart and Health PLLC, understands the economic struggles families are facing today. He believes that at this difficult time in our country we need to take action and

be proactive. Therefore, Heart and Health is now offering a free screening program for blood pressure, anxiety, depression and diabetes. We will also review your current medication list and determine what affordable alternatives (i.e. generic drug programs) are available.

As good citizens we must work together to make a better tomorrow for our community and neighbors. For more information contact us at (631) 482-1355 or visit us online at [www.HeartandHealth.com](http://www.HeartandHealth.com).

- 10:00 (M) Masterpiece Mystery!
- 10:00 (M) The War
- 10:00 (DSC) Secrets of Seal Team 6
- 10:00 (TLC) Hoarding: Buried Alive
- 10:00 (NICK) George Lopez
- 10:00 (TNT) Leverage
- 10:00 (USA) Law & Order: Special Victims Unit
- 10:00 (BRAVO) The Real Housewives of New Jersey
- 10:00 (LIFE) Drop Dead Diva
- 10:00 (A&E) Criminal Minds
- 10:00 (HIST) Ice Road Truckers
- 10:00 (FAM) Movie ★★★ Harry Potter and the Order of the Phoenix (2007) Daniel Radcliffe, Rupert Grint. Harry prepares a group of students to fight Voldemort.
- 10:00 (HBO) True Blood
- 10:00 (SHOW) Weeds
- 10:00 (PLAY) Badass!
- 9:05 (D) (DISN) So Random!
- 9:30 (M) American Dad
- 9:30 (M) Paid Program
- 9:30 (M) Seinfeld
- 9:30 (NICK) George Lopez
- 9:30 (DISN) A.N.T. Farm
- 9:30 (SHOW) The Big C
- 9:30 (PLAY) Playboy Trip: Patagonia
- 9:40 (M) (TMC) Movie "Wake of Death"
- 9:45 (M) (HBO2) Larry Crowne: HBO First Look
- 10:00 (M) CSI: Miami
- 10:00 (FXSP) World Poker Tour: Season 9
- 10:00 (M) The Marriage Ref
- 10:00 (FOX) Fox 5 News at 10
- 10:00 (M) Bones
- 10:00 (M) Paid Program
- 10:00 (PIX) PIX News at Ten
- 10:00 (DSC) Killing bin Laden
- 10:00 (TLC) Sex, Lies, and Power
- 10:00 (NICK) That '70s Show
- 10:00 (TNT) Falling Skies
- 10:00 (USA) In Plain Sight
- 10:00 (BRAVO) The Real Housewives of New Jersey
- 10:00 (LIFE) The Protector
- 10:00 (A&E) The Glades
- 10:00 (HIST) Swamp People
- 10:00 (DISN) Shake It Up!
- 10:00 (STARZ) Torchwood: Miracle Day
- 10:00 (HBO) Curb Your Enthusiasm
- 10:00 (SHOW) The Real L Word
- 10:00 (MAX) Movie "No Way Out"
- 10:00 (MSG) Movie ★★★ "Serpico" (1973) Al Pacino, John Randolph. Undercover cop Frank Serpico exposes police corruption.
- 10:00 (PLAY) Playboy Trip: Patagonia
- 10:00 (HBO2) Movie "Jennifer's Body"
- 10:12 (M) (WTBS) Movie ★★★ Tyler Perry's Why Did I Get

- Married Too?" (2010) Tyler Perry, Sharon Leal. Four couples struggle with the challenges of married life.
- 10:30 (M) Fox 5 Sports Extra
- 10:30 (ION) Movie ★★★ "The Mummy: Tomb of the Dragon Emperor" (2008) Brendan Fraser, Jet Li. A young archaeologist awakens a cursed Chinese emperor.
- 10:30 (M) Paid Program
- 10:30 (M) An American Family: Anniversary Edition
- 10:30 (NICK) That '70s Show
- 10:30 (DISN) Shake It Up!
- 10:30 (HBO) Entourage
- 10:30 (PLAY) Playboy's Amateur Girls
- 11:00 (M) CBS 2 News at 11P With Mary Calvi
- 11:00 (FXSP) World Poker Tour: Season 9
- 11:00 (M) 4 NY News at 11
- 11:00 (M) The Office
- 11:00 (M) Eyewitness News
- 11:00 (M) The Unit
- 11:00 (M) Paid Program
- 11:00 (M) Two and a Half Men
- 11:00 (DSC) Secrets of Seal Team 6
- 11:00 (TLC) Hoarding: Buried Alive
- 11:00 (NICK) The Nanny
- 11:00 (ESPN) SportsCenter
- 11:00 (TNT) Leverage
- 11:00 (USA) White Collar
- 11:00 (AMC) Movie ★★★ "Batman Returns" (1992) Michael Keaton, Danny DeVito. The Catwoman and the Penguin join forces against Batman.
- 11:00 (BRAVO) Watch What Happens: Live
- 11:00 (LIFE) The Protector
- 11:00 (A&E) The Glades
- 11:00 (HIST) Modern Marvels
- 11:00 (DISN) Good Luck Charlie
- 11:00 (STARZ) Movie ★★★ "The Bourne Identity" (2002) Matt Damon, Franka Potente. An amnesiac agent is marked for death after a botched hit.
- 11:00 (SHOW) Shameless
- 11:00 (PPV) TNA Wrestling: Destination X
- 11:00 (PLAY) Movie "Legends & Starlets"
- 11:05 (M) (HBO) True Blood
- 11:10 (M) The American Road to Victory
- 11:15 (M) (TMC) Movie "Chicago Overcoat"
- 11:30 (M) Mike'd Up: The Francesca Sports Final
- 11:30 (M) Everybody Loves Raymond
- 11:30 (M) Abortion: The Documentary
- 11:30 (M) Two and a Half Men
- 11:30 (NICK) The Nanny

- 11:30 (BRAVO) The Real Housewives of New Jersey
- 11:30 (DISN) Good Luck Charlie
- 11:35 (M) Criminal Minds
- 11:45 (M) (HBO2) Movie "Valentine's Day"
- 12:00 (M) (FXSP) The Game 365
- 12:00 (M) TMZ
- 12:00 (M) The Unit
- 12:00 (M) Paid Program
- 12:00 (M) Curb Your Enthusiasm
- 12:00 (DSC) Killing bin Laden
- 12:00 (TLC) Sex, Lies, and Power
- 12:00 (NICK) The Nanny
- 12:00 (TNT) Falling Skies
- 12:00 (USA) Law & Order: Special Victims Unit
- 12:00 (LIFE) Drop Dead Diva
- 12:00 (FAM) Joel Osteen
- 12:00 (DISN) Wizards of Waverly Place
- 12:00 (SHOW) The Real L Word
- 12:00 (MAX) Femme Fatales
- 12:00 (PLAY) Badass!

### MONDAY

JULY 11, 2011

### EVENING

- 6:00 (M) CBS 2 News at 6PM
- 6:00 (FXSP) The Transit Chapters
- 6:00 (M) 4 NY News at 6
- 6:00 (FOX) Fox 5 News at 6
- 6:00 (M) Eyewitness News
- 6:00 (ION) Without a Trace
- 6:00 (M) Everybody Loves Raymond
- 6:00 (M) Dr. Phil
- 6:00 (M) Family Guy
- 6:00 (M) NJ Today Summer Edition
- 6:00 (M) PBS NewsHour
- 6:00 (DSC) Cash Cab Chicago
- 6:00 (TLC) Toddlers & Tiaras
- 6:00 (NICK) iCarly
- 6:00 (ESPN) SportsCenter
- 6:00 (TNT) The Closer
- 6:00 (USA) NCIS
- 6:00 (WTBS) The King of Queens
- 6:00 (BRAVO) The Millionaire Matchmaker
- 6:00 (LIFE) Movie "Accused at 17" (2009) Cynthia Gibb, Nicole Gale Anderson. A seemingly innocent prank leads to murder, deception and a frame-up.
- 6:00 (A&E) The First 48
- 6:00 (HIST) Pawn Stars
- 6:00 (FAM) Switched at Birth
- 6:00 (DISN) Phineas and Ferb
- 6:00 (SHOW) Movie "Flawless"
- 6:00 (TMC) Movie "The Escapist"
- 6:00 (MSG) THE LINEUP: New York's All-Time Best Baseball Players

- 6:15 (M) (HBO) Larry Crowne: HBO First Look
- 6:30 (M) CBS Evening News With Scott Pelley
- 6:30 (FXSP) Downunder Horsemanship
- 6:30 (M) NBC Nightly News
- 6:30 (M) TMZ
- 6:30 (M) ABC World News With Diane Sawyer
- 6:30 (M) (WTBS) The King of Queens
- 6:30 (M) Family Guy
- 6:30 (M) Nightly Business Report
- 6:30 (DSC) Cash Cab
- 6:30 (NICK) iCarly
- 6:30 (HIST) Pawn Stars
- 6:30 (DISN) Good Luck Charlie
- 6:30 (HBO) Magic & Bird: A Courtship of Rivals
- 6:30 (MAX) Movie "I'm Gonna Get You Sucker"
- 6:30 (MSG) THE GAME 365
- 6:30 (M) (STARZ) Movie ★★★ "Eat Pray Love" (2010) Julia Roberts, James Franco. A divorcee embarks on a global quest to change her life.
- 6:45 (M) (HBO2) Movie "Shrek Forever After"
- 7:00 (M) The Insider
- 7:00 (FXSP) Thoroughbred Weekly
- 7:00 (M) Extra
- 7:00 (M) The Simpsons
- 7:00 (M) Jeopardy!
- 7:00 (ION) Without a Trace
- 7:00 (M) How I Met Your Mother
- 7:00 (M) The Oprah Winfrey Show
- 7:00 (M) Two and a Half Men
- 7:00 (M) PBS NewsHour
- 7:00 (M) Pati's Mexican Table
- 7:00 (DSC) Man vs. Wild
- 7:00 (M) (TLC) Surprise Homecoming
- 7:00 (NICK) iCarly
- 7:00 (ESPN) Baseball Tonight
- 7:00 (TNT) The Closer
- 7:00 (USA) NCIS
- 7:00 (WTBS) Seinfeld
- 7:00 (BRAVO) Inside the Actors Studio
- 7:00 (A&E) The First 48
- 7:00 (HIST) Pawn Stars
- 7:00 (FAM) The Secret Life of the American Teenager
- 7:00 (DISN) My Babysitter's a Vampire
- 7:00 (MSG) THE LINEUP: New York's All-Time Best Baseball Players
- 7:00 (PPV) Knockouts! Barrera, Tarver, Holmes
- 7:00 (PLAY) Sexcetera
- 7:30 (M) Entertainment Tonight
- 7:30 (FXSP) Amazing Sports Stories
- 7:30 (M) Access Hollywood
- 7:30 (M) The Office
- 7:30 (M) Wheel of Fortune
- 7:30 (M) How I Met Your Mother