

**Preserving our Holiday Heart: The Holiday Connection and Cardiac Health with Dr.
Courtney Jordan Baechler**

Dear [media contact],

Wishing you a joyous holiday season! Amidst the warmth and connection we share with loved ones, studies are revealing a grave paradox: the very season that brings us together also demands our careful attention to cardiac health. As we immerse ourselves in the spirit of the holidays, it becomes crucial to extend our awareness to those with cardiac deficiencies and diseases. That way they not only stay alive and healthy, but the folks we call: "Mommy", "Pops", "Honey", "Junior" or "Nanna" can also remain seated at the heart of our festive celebrations for many seasons to come.

This revelation is at the core of Dr. Courtney Jordan Baechler's passion for prevention. As a dedicated Medical Doctor, she believes in the transformative power of understanding and influencing our heart outcomes. In light of recent data from the American Heart Association indicating a peak in cardiac mortality during December and January, particularly during the holidays, Dr. Jordan Baechler is eager to share her insights on the factors contributing to this phenomenon. From holiday-induced treatment delays to the impact of respiratory diseases, emotional stresses, and changes in diet and alcohol consumption, she brings a unique perspective that transcends statistics, emphasizing the human connection and the intuitive wisdom of patients.

We are excited about the prospect of Dr. Jordan Baechler shedding light on this critical intersection of the holiday spirit and heart health in an interview with [media contact we are reaching out to]. We believe her personable approach and commitment to prevention will resonate with your audience, adding depth and humanity to an important health conversation.

We would be honored to arrange an interview with [media contact we are reaching out to] at your convenience to explore this captivating topic further. Your consideration of this opportunity is greatly appreciated, and we look forward to the possibility of collaborating to bring this heartfelt message to your audience.

Warm Regards,

Josh Cobb