American Heart Month

February 2016

The purpose of American Heart Month is to bring awareness to heart disease as the number one killer of adults living in the United States. Heart disease is an umbrella term that includes multiple heart conditions such as coronary artery disease, heart attack, and stroke. Through prevention and control efforts, medical professionals and citizens alike can reduce the prevalence of heart disease.

Fast Facts:

- The main health risk factor that leads to heart disease and stroke is high blood pressure[1]
- Heart disease is the leading cause of death for American women[3]
- Stroke kills every 4 minutes [2]

Symptoms:[4]

Heart attack

Chest pain
Dizziness or nausea
Difficulty breathing
Upper body pain (jaw, back, arms, neck)

Stroke – use F.A.S.T

Face drooping
Arm weakness
Speech difficulty
Time to call 911

Tips for a healthier heart:[1]

- Monitor **blood pressure** at your doctor's office or in your own home
- Avoid **smoking**
- Track the amount of **sodium** in your diet
- Fuel your body with a good **diet** and regular **exercise**
- **Stress** less

Show your support - National Wear Red Day® is February 5th 2016

For more information on heart health:

http://www.cdc.gov/heartdisease/index.htm
http://millionhearts.hhs.gov/
http://www.heart.org/HEARTORG/

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(1) Centers for Disease Control and Prevention (2016). Heart Disease. Retrieved from
   a. http://www.cdc.gov/heartdisease/healthy_living.htm
(2) U.S. Department of Health and Human Services (2016). Risks for Heart Disease and Stroke. Retrieved from
   a. http://millionhearts.hhs.gov/learn-prevent/risks.html
(3) American Heart Association (2016). Conditions. Retrieved from
   http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_001087_SubHomePage.jsp