

FEBRUARY American Heart Month



Heart disease is the leading cause of death for American men and women.

It's responsible for one in three deaths—claiming more lives than all forms of cancer combined.

This February, during American Heart Month, the American Heart Association is working to reduce death caused by heart disease and stroke.



What is heart disease?

Heart disease, or cardiovascular disease, includes heart disease, stroke, and high blood pressure.

Every 40 seconds, someone dies of heart disease or stroke. **ARE YOU AT RISK?**

Risk Factors:

You may be at risk due to factors out of your control, including age, gender, and family history.

However, there are **risk factors you can control:**

- High cholesterol
- Smoking
- High blood pressure
- Diabetes
- Physical inactivity
- Poor diet
- Obese or overweight

REDUCE YOUR RISK:

Eat a heart-healthy diet

Eating a well-balanced, nutritious diet is one of the best ways to reduce your risk of heart disease.

Maintain a healthy weight

A healthy weight provides many cardiovascular benefits and allows your body to more effectively circulate blood.

Nearly 70 percent of American adults are either overweight or obese.

Quit smoking

Smoking increases your risk of coronary heart disease and is a leading cause of preventable premature death.

Get moving at least 150 minutes a week

Physical activity can help reduce your blood pressure and boost your levels of good cholesterol.

MAKE THE EFFORT TO REDUCE YOUR RISK OF HEART DISEASE TODAY!

Learn more: www.Heart.org

Source: American Heart Association (2015 Heart Disease and Stroke Statistics Update)