



## Show Your Heart Some Love

February is American Heart Month. According to the [American Heart Association](#), American Heart Month is a federally designated event that encourages Americans to focus on their heart health and get their families, friends and communities involved.

### Facts & Figures

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.

Cardiovascular disease is the #1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute.

One person dies every 36 seconds in the United States from cardiovascular disease. About 655,000 Americans die from heart disease each year—that's 1 in every 4 deaths. Cardiovascular diseases kill more women than all forms of cancer combined, but 80% of cardiac events in women may be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.

### Recognize & Reduce Your Risk for Heart Disease

There are multiple factors that can increase your risk for heart disease. Some of them, such as family history and age, you can't control. However, there are ways to help reduce your other risk factors for heart disease.

#### ***Factors that increase your risk***

- High blood pressure
- High cholesterol
- Smoking
- Diabetes and prediabetes
- Excess weight and obesity
- Poor diet
- Have a family history of early heart disease
- Age (55 or older women)

#### ***What you can do to prevent or lower your risk of heart disease***

- Quit smoking
- Exercise regularly
- Eat a healthy diet
- Maintain a healthy weight
- Talk to your doctor about whether you should be tested for diabetes
- Have your doctor recommend how often and when your cholesterol should be checked
- Monitor your blood pressure

- Take medications prescribed by your doctor

## Show Your Support on Friday, Feb. 5

During the first Friday of each February, the nation comes together, igniting a wave of red from coast to coast. [Go Red for Women](#) is an American Heart Association movement to increase heart health awareness and improve the lives of women globally. For 16 years, it has harnessed the energy, passion and power of women to band together and wipe out cardiovascular disease — their leading cause of death that claims the lives of one in three. It challenges every woman to know her personal risk for heart disease and stroke and take action to reduce it.

**National Wear Red Day is Friday, February 5. Send a photo of you wearing red at [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) and you could win a special prize!**

## Additional Resources

- [American Heart Association](#)
- [The Centers for Disease Control and Prevention](#)
- [National Heart, Lung, and Blood Institute](#)
- [U.S. Department of Agriculture](#)
- [U.S. Department of Health and Human Services](#)

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