To: Local News Media
From: Melissa DeRoche, Public Information Officer
RE: Keeping Your Heart Healthy
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Keeping Your Heart Healthy

Raise Awareness about Heart Disease in Women….Wear Red on February 7th

You’ve probably heard it before…..heart disease is the #1 killer of women. Approximately one woman dies of heart disease every minute and yet only 1 out of every 5 women believes heart disease is their biggest threat. Since 2004, the American Heart Association has been promoting their Go Red™ for women project; designed to give power to women to take charge of their own heart health, making women aware of the things they can do to stay healthy and take action. National Wear Red Day® takes place on Friday, February 7, 2014 – wear something red this day, in honor of all women.

According to www.goredforwomen.org, women can be heart healthy at any age from their 20’s, 30’s and beyond. Many risk factors that can lead to heart disease can be controlled, such as: high cholesterol, high blood pressure, smoking, physical inactivity, obesity, diabetes, stress, use of certain birth control pills, and use of alcohol and other drugs. Age, gender, heredity, and race are not controllable risk factors.

Some simple steps you can take to help reduce your risk are:

- Know your family’s history of heart disease (heart attack, stroke, high blood pressure, high cholesterol, etc.)
- Visit your doctor for your yearly physical
- Stay active --- if you don’t have enough time, try exercising in 10-minute time frames, three times a day
• Eat healthy – www.choosemyplate.gov has a lot of great information on eating healthy
• Keep your stress level down --- perhaps try a Yoga class or just taking 20 minutes of quiet time
• Get plenty of sleep – adults need 7 – 8 hours of sleep per night¹
• Drink water in place of sugary and caffeinated drinks
• Don’t smoke and if you do smoke, call 1-800-QUIT-NOW for information on how to quit

Once you’ve learned what you can do to reduce your risk of heart disease, try to implement one or two of these simple steps listed above. It's never too late to make a change. Healthy lifestyle changes you make today will benefit you tomorrow and beyond!

For more information on living heart healthy, visit www.goredforwomen.org or www.cmdhd.org. Remember….wear red on Friday, February 7, 2014.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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Sources: ¹http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html