



Fight heart disease.

February is American Heart Month, drawing attention to heart disease, America's No. 1 killer, and the strides being taken through research and education to raise awareness of risk factors and to decrease death rates. The American Heart Association and its Go Red For Women movement urge everyone to support the fight against heart disease in women by wearing red on Friday, February 1.

- 🚫 FEBRUARY 1st:** In recognition of the 10th National Wear Red Day on February 1, 2013, wear red to support the fight against heart disease in women.
- 🚫** Heart disease is still our No. 1 killer in the United States.
- 🚫** Stroke is the No. 4 killer and a leading cause of disability in the United States. Each year, about 795,000 Americans have a new or repeat stroke (1 every 40 seconds).
- 🚫** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. Since 1984, more women than men have died each year from heart disease and the gap between men and women's survival continues to widen.
- 🚫** Native Americans are disproportionately affected by heart disease and its risk factors. Like other ethnic groups, they also confront barriers to diagnosis, disparities in care and poorer health outcomes than their Caucasian counterparts.
- 🚫** If you or someone you know shows signs of heart attack or stroke, call 9-1-1 right away. An Emergency Medical Services (EMS) team can begin treatment when it arrives. That means treatment can begin sooner than it would if the patient arrived at the hospital by car. What's more, the EMS team is also trained to revive someone whose heart has stopped, which saves hundreds of lives each year.
- 🚫** Ninety percent of adults have one or more risk factors for developing heart disease.
- 🚫** Heart disease can be prevented. In fact, research shows that 80 percent of cardiac events in women may be prevented if women make the right choices for their hearts, involving diet, exercise and abstinence from smoking. You can make changes to help stop heart disease by knowing your number, visiting your doctor once a year, getting 30 minutes of exercise daily, quitting smoking and eating healthy.
- 🚫** Too many lives have and will be cut short from heart disease and its risk factors; however, early detection, lifestyle changes, and other intervention can improve certain conditions.
- 🚫** Fewer than 1% of all Americans are in ideal cardiovascular health as defined by the American Heart Association, yet 39% of Americans believe they are in ideal health.

- 🚑 To start eating healthier, consider planning meals in advance – visit heart.org for recipes from a number of heart-healthy cookbooks and use the online grocery list builder to quickly identify heart-healthy products to add to your grocery list.
- 🚑 You can learn where you stand on the road to good health in just seven simple steps: physical activity, weight management, healthy eating, not smoking, blood pressure, cholesterol and glucose. Get personal health score and action plan at mylifecheck.org.
- 🚑 Only slightly more than half of women are likely to call 911 if experiencing symptoms. And yet, 79 percent of women said that they would call 911 if *someone else* was having a heart attack.
- 🚑 One of the best ways to reduce your risk of cardiovascular disease is to start getting regular, moderate exercise, at least 30 minutes a day, most days of the week.
- 🚑 Some heart attacks are sudden and intense, causing someone to gasp dramatically, clutch their heart and drop to the ground. No one has any doubts about what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help.
- 🚑 By adding one hour of regular, vigorous physical activity, adults may gain up to two hours of life expectancy. Start thinking about your heart by including more physical activity into your daily routine. Take a walk, ride a bike or take the stairs.
- 🚑 Smoking is the single most preventable cause of death in the United States. If you smoke cigarettes (or cigars), you have a higher risk of illness and death from heart attack, stroke and other diseases. So if you don't smoke, don't start. If you do smoke, love your heart and quit today. Need more motivation? Visit ND Quit Line.

- *Information provided by the American Heart Association*

