

# February is American Heart Month INCREASE AWARENESS



**H**ear disease, such as coronary artery disease, heart attacks, congestive heart failure, and congenital heart disease, is the leading cause of death for both men and women. In 2008-18, diseases of the heart were the primary cause of death. Nasiff is actively working to increase awareness of heart disease and its effects. To prevent heart disease, recommendations include quitting smoking, lowering cholesterol, controlling high blood pressure, maintaining a healthy weight and exercising regularly.

The good news is that living a healthy lifestyle that incorporates good nutrition, weight management and plenty of physical activity can play a big role in avoiding early heart disease.

Coronary artery disease is preventable. Typical warning signs are chest pain, shortness of breath, palpitations and even fatigue.

**If you feel any of these symptoms, Don't Delay—Call 911.**

Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That amounts to roughly one woman every minute.

But it does not affect all women alike, and the warning signs for women are not the same as in men.

**“Connect yourself to a team of providers who can stand ready to help every patient develop a goal directed diet and exercise program...”**

Because of this statistic, ‘Go Red for Women’ wants you to join the movement to end heart disease and stroke in women because it’s not just a man’s disease. Make an effort to wear something red to show your support for women with heart disease by wearing Red every Friday in February, as we join together in the fight against the leading killer of men and women alike—**Heart Disease.**”

“Lowering your cholesterol, blood pressure and weight through a reasonable, and appropriately managed, diet and exercise program has been proven to decrease your

risk of having a heart attack,” Dr. Troy Prairie, MD, Keller’s chief of the Primary Care Department, said.

To lower your risk:

- Watch your weight
- Quit smoking, stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Get active and eat healthy

Connect yourself to a team of providers who can stand ready to help every patient develop a goal directed diet and exercise program tailored to your individual needs.

