

February is Heart Month

Please take a few minutes in the month of February---Heart Month---to look over your lifestyle and your health. Unfortunately, heart disease is the number one killer of not only women but also men. Typically people think this is a man's disease and fail to recognize the significance of this condition to both sexes.

- Heart disease not only kills but is a major cause for disability.
- There are many forms of heart disease but the most common cause is narrowing or blockage of the coronary arteries. It happens slowly over time and is the major reason people have heart attacks.
- In the last year over 700,000 people died in the US from heart disease. One in four deaths is attributed to heart disease.
- Each year close to 800,000 individuals will have their first heart attack. Another half million people will have their second or third heart attack.
- In the US every 34 seconds an individual suffers a heart attack. Every minute someone dies from heart disease.
- Heart disease costs the US over 300 billion dollars each year. This is the cost of health care, medications and loss of productivity.

Some very sobering numbers, but there is something we can do.....

- Educate ourselves about heart disease.
- Control blood pressure
- Lower cholesterol
- Stop or don't smoke
- Exercise.