American Heart Month calls for heart disease prevention and early action

American Heart Month is celebrated in February, a time when the American Heart Association (AHA) urges Americans to learn more about cardiovascular health, their risk for heart disease, and how to live a heart-healthy life. (Source: Centers of Disease Control and Prevention (CDC))

Heart disease is the number one killer of Americans, responsible for one in every four deaths. Coronary heart disease (CHD), a condition in which plaque builds up in the arteries, is the most common heart disease and kills 380,000 people annually. The costs of CHD alone are staggering; the total costs of health service delivery, medications, and lost productivity equal $108.9 billion each year in the United States. Like all chronic illness, heart disease has an adverse impact on a community’s surge capacity. (Source: CDC, National Institutes of Health)

Early diagnosis and action is key to preventing death following a heart attack, which occur in 720,000 people every year. Only 27% of people are familiar with all of the symptoms of a heart attack. Many women don’t experience chest pain, the most recognized symptom of a heart attack, and are at increased risk to be among the 47% of sudden cardiac deaths occurring outside of a hospital. (Sources: CDC, Medical News Today)

Discuss with all patients healthy behaviors to reduce risk of heart disease.
1. Disease prevention includes regular exercise, monitoring blood pressure, maintaining a healthy weight, limiting alcohol consumption, not smoking, and a balanced diet. (Source: AHA)

2. Educate at-risk patients and their family members on all of the signs of a heart attack. Stress that women may not experience chest pain and should be aware of other symptoms, such as shortness of breath or pain in the arms, back, neck, jaw or stomach. (Source: CDC)

UPCOMING EVENTS

MONDAY

02 London Grammar with Until the Ribbon Breaks
Old National Centre

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