



February 13, 2018

Contact: Vicky Knisley-Henry, Health Educator & Safe Communities Coordinator
937-573-3512
vhenry@miamicountyhealth.net

FOR IMMEDIATE RELEASE
February is National Heart Health Month

[Troy, OH]– February is **National Heart Health** month, so be good to your heart! Miami County Public Health wants everyone to be **Heart Smart** and know how to manage their heart health. Heart disease is the number one cause of death, for both men and women, in the United States. More than 600,000 people die each year from heart disease. Heart disease can be a heart attack, stroke, chest pain, or other heart related issues. For the last ten years heart related deaths were the #1 cause of death in Miami County. In 2017, Miami County had 283 heart related deaths.

	Heart	Cancer	Respiratory	Cerebral	Pneumonia
2007	146	70	65	31	28
2008	220	78	83	35	37
2009	200	96	82	35	24
2010	208	87	76	46	25
2011	235	82	108	50	45
2012	189	90	89	54	39
2013	231	102	71	45	35
2014	216	94	65	55	30
2015	205	88	164	53	27
2016	277	71	171	54	23
2017	283	97	115	36	28
Total	2413	955	1089	494	341





Signs and symptoms of a heart attack:

- Chest or back pain
- Shortness of breath
- Numbness or pain in the arms or legs,
- Neck and jaw pain,
- Nausea

Risk factors:

- Overweight or obesity, (#1 for women)
- No exercise
- Bad diet
- Excessive alcohol and tobacco use
- Stress
- Family history

Although men may have different symptoms than women, anyone can have any of these symptoms and should seek medical help. There are many risk factors that can increase the chance of developing heart disease, but the good news is there are lifestyle changes that we can make to help lower our risk or avoid heart disease.

American Heart Association's "Life's Simple 7"

- **Eating better**, which can stave off chronic disease. Steps include increasing your intake of vegetables, fruits, nuts and seeds.
- **Maintaining a healthy weight** because this can reduce the burden on your heart, lungs, blood vessels and bones.
- **Exercise**, which can help with your cholesterol levels, weight and muscle tone.
- **Quit cigarettes** because even one can hurt you.
- **Manage blood pressure**. Unhealthy ranges strain the heart, arteries and kidneys.
- **Control cholesterol** to give your arteries the best chance to stay clear of fatty blockages that reduce blood flow.
- **Reducing blood sugar**. This can lower the risk of dying from cardiovascular disease.

Be **Heart Smart!** For more information go to:

<https://www.choosemyplate.gov/>

<https://www.cdc.gov/heartdisease/>

<http://www.heart.org/HEARTORG/>

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