



February is American Heart Month

And February 2nd is National Wear Red Day to bring greater attention to heart disease as a leading cause of death in both men and women nationwide. Considering heart disease continues to be the greatest health threat to Americans, killing one person every 34 seconds, it is important to know the actions you can take to protect yourself. Did you know that in most cases heart disease is preventable by adopting a healthy lifestyle? Prioritizing your heart can help you avoid severe illness. Practicing self-care like being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. It's also essential to learn your family heart health history, and to know what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your decisions and actions.

Unfortunately, prevention is not enough. It is crucial to recognize the symptoms of a heart attack so that you may seek immediate medical assistance when necessary. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Symptoms can also include pain or discomfort in one or both arms, the back, neck, jaw, or stomach. You may experience shortness of breath, or other signs may include breaking out in a cold sweat, nausea, or lightheadedness. If any of these warning signs are present, CALL 911.

For valuable resources and information regarding heart disease, please click on the links below:

- [Centers for Disease Control and Prevention](#)
- [NIH - National Heart, Lung, and Blood Institute](#)
- [American Heart Association](#)
- [NJ Department of Health](#)