

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Mayor Sheila Dixon

Heart Health Starts Today

Heart disease is the leading cause of death for both men and women in America. While age and family history are risk factors that you cannot control, most risk factors for heart disease are very preventable.

Prevention at your fingerTIPS:

Start today to reduce your chances of developing heart disease and stroke.

DID YOU KNOW?

National Women's Heart Day is **Friday, February 16th**.

Attend the Sister to Sister Health Fair to take the first step to heart health.

When? 2/16/07
8:00 AM - 3:00 PM

Where? Baltimore City
Convention Center

Female Baltimore City employees may receive a bus pass and up to 2 hours of permission leave to attend the event.

Tip 1 Know your family history. Heart disease can run in families – talk to your doctor about what it means to you.

Tip 2 Get your cholesterol and blood pressure checked regularly, and know your numbers:

- Your total cholesterol number should be below 200 mg/dL.
- Your blood pressure should be below 120/80.

Tip 3 Eat a healthy diet. Avoid foods high in trans fats and saturated fats.

Tip 4 Maintain a healthy weight. Being overweight increases your risk for high cholesterol, high blood pressure and heart disease.

Tip 5 Don't smoke. Avoiding cigarettes and secondhand smoke reduces your rate of heart disease, lung disease and stroke.

Tip 6 Stay active. Make physical activity a part of your everyday routine.

Resources and References

American Heart Association

<http://www.americanheart.org>

Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention

http://www.cdc.gov/dhbsp/announcements/american_heart_month.htm

The National Coalition for Women with Heart Disease

<http://www.womenheart.org>

Mayo Clinic. Heart Disease Prevention: 5 strategies to keep your heart healthy

<http://www.mayoclinic.com/health/heart-disease-prevention/WO00041>

National Heart, Blood and Lung Institute. Live Healthier, Live Longer.

<http://www.nhlbi.nih.gov/chd/>

National Heart, Blood and Lung Institute. An Ounce of Prevention.

http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_eng.pdf