



NEW YORK STATE SENATOR

Ruth Hassell-Thompson

## Senator Hassell-Thompson Recognizes February as American Heart Month

RUTH HASSELL-THOMPSON February 10, 2011

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### *Urges New Yorkers to be proactive about their heart health*

Senator Ruth Hassell-Thompson wants to remind all New Yorkers that February is American Heart Month, a time dedicated to raising awareness about heart disease and spreading knowledge about prevention in order to save lives. Heart diseases, including stroke are the leading cause of death for both men and women in the United States. Those at a higher risk of heart disease include women over 55 and men over 45, as well as anyone with a family history of heart disease. Once every forty seconds, someone in the United States has a stroke and once a minute, an American dies of a coronary event.

“It is important for people to understand the causes of heart disease,” said Senator Hassell-Thompson, adding “Although these statistics are alarming, there are simple and healthy lifestyle changes that can control and assist in preventing a person’s risk factors for heart disease.

Easy steps you can immediately take to start building heart health include:

- Watch your weight and eat healthy.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation (and try red wine!).
- Get your heartbeat up every day.
- Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman past menopause.
- Manage your stress and find time to relax.

Since 1963, American Heart Month has encouraged participation with organizations like The American Heart Association to raise funds for research and education, to better prepare and inform people about the risks of stroke and heart disease that effects over 785,000 Americans each year.

For more information on how you can live a heart healthy life, visit <http://www.heart.org> or [www.strokeassociation.org](http://www.strokeassociation.org). You can also join in on an event in your area by searching on [www.goredforwomen.org](http://www.goredforwomen.org). To donate to the American Heart Association, please visit <https://donate.americanheart.org>.