



# County of Passaic

Administration Building Annex

311-317 Pennsylvania Avenue • Paterson, New Jersey 07503-1718

DEPARTMENT OF HEALTH  
ROOM 201

TEL: (973) 881-4396  
FAX: (973) 225-0222

## FOR IMMEDIATE RELEASE

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## CONTACT:

Stephen Summers  
Risk Communicator  
(973) 225-3638

## FEBRUARY IS HEART HEALTH MONTH

PATERSON - February is **Heart Health Month**. Heart diseases are conditions that affect muscles or blood vessels of the heart. These include high blood pressure, heart attack, coronary artery disease, heart failure, and congenital heart disease among others.

Current heart disease statistics in the U.S. are alarming:

- ♥ Heart disease is the **#1 killer** of men and women.
- ♥ **1 in 3** men and women die of heart disease.
- ♥ Approximately **65 million** Americans have high blood pressure, a form of heart disease.
- ♥ **71.3 million** Americans have some form of heart disease.

The good news is that both men and women can lower their risk of heart disease by as much as 82 percent by leading a healthy lifestyle. This includes stopping smoking habits, having a balanced diet with more foods low in cholesterol, exercising for thirty minutes on most or all days of the week, having regular medical checkups, eating foods low in salt, and weight loss if you are overweight.

February 3, 2006, is recognized as National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing something red to show their support for women's heart disease awareness. Join the national awareness movement by wearing red on February 3, and encourage your family, friends, and coworkers to do the same. Anyone can participate by showing off a favorite red dress, shirt, tie, or red dress pin.

In honor of Heart Health Month, the Passaic County Department of Health will give high blood pressure screenings and heart health information available on February 3<sup>rd</sup> at the County Administration Building, 401 Grand Street, in the Main Lobby from 10am to 1pm.

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