February is Heart Month

Heart disease is also known as cardiovascular disease. It is a group of conditions that affect the heart and blood vessels. It includes conditions such as: Coronary Artery Disease, Heart Failure, Stroke, Arrhythmias, and Congenital heart defects. It is the leading cause of death for both women and men in the United States. You can reduce your chance of developing heart disease by taking steps to prevent and control your risk factors.

Risk factors include:

- High cholesterol
- High blood pressure
- Obesity
- Diabetes
- Tobacco use
- Secondhand smoke exposure
- Excessive alcohol use

So start today to reduce your risk for heart disease by eliminating your risk factors.

Source: **Cleveland Clinic** https://my.clevelandclinic.org/health/diseases/24129-heart-disease