



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **YOUR HEART ISN'T JUST FOR LOVING; FEBRUARY IS AMERICAN HEART MONTH**

BALTIMORE, February 17, 2016 — Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, MedChi is proudly participating in American Heart Month.

The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. There are several actions people can take to help lower their risk:

- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Encourage people to make small changes, like using spices to season food instead of salt
- Motivate teachers and administrators to make physical activity a part of the school day
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease

Dr. Brooke Buckley, President of MedChi, states “Every year, 1 in 4 deaths are caused by heart disease. Fortunately, even making small changes can make a big difference. Make sure you schedule a visit with your doctor to talk about heart health; it is important to schedule regular check-ups even if you are not sick. Add in exercise to your daily routine, even just 15 minutes, every day and cook your favorite recipes but lower the sodium.”

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).