



*The Maryland State Medical Society*

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## **AS AMERICAN HEART MONTH COMES TO AN END MAKE A PLAN TO CONTINUE TAKING CARE OF YOUR HEART THROUGHOUT THE YEAR**

BALTIMORE, February 28, 2025 — MedChi, The Maryland State Medical Society, is participating in American Heart Month to help reduce the prevalence of heart disease and stroke by educating the public, advocating for policies that support heart health, and helping to educate about cardiovascular conditions.

Improving heart health involves making deliberate choices to reduce risk factors and adopting heart-healthy habits. A great start is focusing on consuming a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products while also maintaining healthy cholesterol levels and limiting saturated and trans fats, sodium, and added sugars. Coupled with diet, you should aim to partake in physical activity, like walking, cycling, or swimming, for at least 2.5 hours per week.

Avoiding outside risks like smoking and drinking alcohol can cut down your risk for heart disease as well. If you smoke, research ways to help you quit smoking. Not every option will work for everyone so make sure to take time to find out which option will best help you to quit. If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems. If you need help with either quitting nicotine or tobacco products, please reach out to your doctor, they are there to help you!

You should also make sure you are getting adequate sleep. Aiming for 7-9 hours will cut back on your risk for heart disease, as well as help you feel more refreshed and less stressed.

Dr. Padmini Ranasinghe, President of MedChi, states “our hearts are healthier when we have important conversations with a healthcare provider. Stay up to date on your doctors’ appointments and medications. Make sure to have your blood pressure, blood sugar, and cholesterol levels checked and know what your numbers mean for your risk for heart disease.”

### 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).