



*The Maryland State Medical Society*

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Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

## **AS FEBRUARY COMES TO AN END MEDCHI URGES MARYLANDERS TO PRIORITIZE HEART HEALTH**

BALTIMORE, February 27, 2026 — In recognition of American Heart Month this February, **MedChi, The Maryland State Medical Society** is encouraging Marylanders to take proactive steps to protect their heart health and reduce their risk of cardiovascular disease.

“As physicians, we see firsthand the impact of hypertension, diabetes, obesity, and smoking on cardiovascular outcomes. We also know that many of these risk factors are preventable or manageable through early detection, lifestyle changes, and regular care. Heart disease remains the leading cause of death across nearly all demographics, yet it is often silent until it is advanced. This February, I urge everyone, especially those in underserved communities who face greater barriers to care, to schedule a preventive screening. Identifying risk factors like hypertension and high cholesterol early isn't just medical advice; it is a life-saving intervention.” states **Eric Wargotz, M.D., FCAP**, President of MedChi.

MedChi encourages Maryland residents to:

- Schedule routine check-ups with their primary care physician
- Know their numbers: blood pressure, cholesterol, blood sugar, and body mass index
- Maintain a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins
- Engage in regular physical activity
- Avoid tobacco use and limit alcohol consumption
- Manage stress and prioritize adequate sleep

CEO **Gene Ransom** added, “Improving heart health is not only a personal responsibility but a public health priority. MedChi remains committed to advocating for policies that expand access to preventive services, strengthen primary care, and address disparities in cardiovascular outcomes across Maryland communities.”

MedChi continues to support evidence-based public health initiatives and equitable access to screenings and preventive services to ensure all Marylanders can live heart-healthy lives.

Throughout February and beyond, MedChi encourages individuals to speak with their physicians about personalized strategies to reduce cardiovascular risk and to support local and national efforts to raise awareness about heart disease prevention.

### 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).