



The Maryland State Medical Society

News: For Immediate Release

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FEBRUARY IS AMERICAN HEART MONTH

BALTIMORE, February 20, 2013 — Heart disease, including stroke, is the leading cause of death for both men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease. To prevent heart disease and increase awareness of its effects, MedChi, The Maryland State Medical Society, is participating in American Heart Month. To ensure that MedChi is up to date on heart health, Dr. Brian Avin, President of MedChi, recently participated in the Million Hearts Symposium that was put on by The Maryland Department of Health and Mental Hygiene.

To lower your risks, follow the ABC's of heart health:

- Aspirin when appropriate
- Blood pressure control
- Cholesterol management
- Smoking cessation
- Eat healthy
- Get moving

Now is the time for each of us to modify our lifestyles and follow the ABC's of heart health. Dr. Avin states "Health is the soul that animates all the enjoyments in life."

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.