



The Maryland State Medical Society

News: For Immediate Release

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

FEBRUARY ISN'T JUST ABOUT VALENTINES AND CANDY HEARTS IT IS ALSO AMERICAN HEART MONTH

BALTIMORE, February 13, 2015 — Heart disease is the leading cause of death for both men and women. Every year, 1 in 4 deaths are caused by heart disease. 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
- Get active and eat healthy.

Dr. Tyler Cymet, President of MedChi, states “We know who is likely to develop heart disease, anyone with two of the Framingham Five: The five risk factors for heart disease are Hypertension, Diabetes, Cigarette Smoking, High Cholesterol and Family History”.

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.