



**News: For Immediate Release**

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**DON'T FORGET ABOUT YOUR HEART THIS FEBRUARY**

BALTIMORE, February 9, 2021 — MedChi, The Maryland State Medical Society, is proudly participating in American Heart Month in order to help prevent heart disease and increase awareness of its effects. Heart disease is the leading cause of death for both men and women in the United States.

This annual celebration began in 1964 by a proclamation given by President Lyndon B. Johnson. Every year since, a presidential proclamation pays tribute to researchers, physicians, public health professionals, and volunteers for their tireless efforts in preventing, treating, and researching heart disease. President Biden just released a Proclamation on American Heart Month on February 3.

There are many conditions and behaviors that can lead to heart disease. High blood pressure, high cholesterol, obesity, diabetes, physical inactivity, unhealthy eating patterns, and smoking can all affect someone's heart health. Staying physically active, eating healthy, and not engaging in smoking or frequent intake of alcoholic beverages can all help manage a person's health and lessen their chance for heart disease. It is also important to remember that the symptoms of a heart attack can be different for women and men, which can sometimes prevent someone from seeking medical care.

Dr. Shannon Pryor, President of MedChi, states "Those of us in medicine have seen a dramatic increase in deaths from heart attacks during the COVID-19 pandemic. People have been delaying or completely putting off seeing a healthcare provider during the pandemic making it harder to catch any symptoms they may be showing. We at MedChi urge people to keep up with regular medical checkups and especially see a medical professional if they are experiencing any of the common symptoms of a heart attack: chest pain, shortness of breath, and dizziness."

**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).