



The Maryland State Medical Society

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GIVE THE GIFT OF A HEALTHY HEART THIS FEBRUARY

BALTIMORE, February 17, 2020 — Heart disease is the leading cause of death for both men and women in the United States. 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.

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.

There are many conditions and behaviors that can lead to heart disease. High blood pressure, high blood 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.

Dr. Michele Manahan, President of MedChi, states "The perfect gift you could have given this Valentine's Day is the gift of heart health. Making healthy choices, even small changes to your diet and lifestyle can improve your heart health and lower your risk."

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.