



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **MEDCHI STRESSES THE IMPORTANCE OF HEART HEALTH THIS FEBRUARY**

BALTIMORE, February 10, 2022 — MedChi, The Maryland State Medical Society, is participating in American Heart Month in order to help prevent heart disease and increase awareness of its effects. This month is especially important since heart disease is the leading cause of death for both men and women in the United States.

This annual observation began in 1964 with a proclamation from 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.

High blood pressure, high blood cholesterol, obesity, diabetes, physical inactivity, unhealthy eating patterns, and smoking can all lead to heart disease. Fortunately, there are simple steps that can be taken to lessen your chance for heart disease like being physically active, eating healthy, and not engaging in smoking or frequent intake of alcoholic beverages.

As we come out on the other side of the pandemic, it is critical for those that may have been delaying or completely putting off seeing a healthcare provider during the pandemic to make an appointment to see their physician as soon as possible. MedChi urges 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 like chest pain, shortness of breath, and dizziness.

Dr. Loralie Ma, President of MedChi, states “it is important for people to maintain regular checkups with their physician. It is very easy to miss symptoms that may be present if you don’t know what you’re looking for or if the symptoms could be explained by something else.”

### 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).