



The Maryland State Medical Society

News: For Immediate Release

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

HEARTS AREN'T JUST FOR VALENTINES DAY; FEBRUARY IS AMERICAN HEART MONTH

BALTIMORE, February 6, 2017 — Heart disease is the leading cause of death for both men and women in the United States. 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.

- Talk with loved ones about heart disease. At the dinner table, in the car, or even via text, have a heart-to-heart with your loved ones about improving heart health as a family.
- Encourage healthy eating habits. Even small changes can make a big difference. Make healthier versions of your favorite family recipes by choosing items low in sodium, added sugar, and trans fats. Also, stock up on fresh fruits and vegetables.
- Promote physical activity. Encourage family members to aim for at least 150 minutes of physical activity per week. Join them for a walk, bring them to an exercise class, or challenge the whole family to a friendly fitness competition.
- Remind family members to get their blood pressure and cholesterol levels checked regularly by a health care provider.

Dr. Stephen Rockower, President of MedChi and cardiac patient himself, states “Heart disease accounts for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity, or an unhealthy diet. Risk also increases with age. Everyone needs to think about being heart healthy.”

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.