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## SHOW YOUR HEART SOME LOVE THIS FEBRUARY DURING AMERICAN HEART MONTH



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**Naples, Fla.** — February is American Heart Month and there is no time like now to learn about heart health and ways to keep your heart healthy. The Florida Department of Health in Collier County (DOH-Collier) wants to emphasize the importance of taking the steps towards living a healthy life.

Heart disease, also known as cardiovascular disease, is a leading cause of death for both men and women in the United States. Heart disease refers to various types of heart conditions including, but not limited to, coronary artery disease (CAD), stroke, chest pain (angina), atrial fibrillation, and heart attack (myocardial infarction). According to the Centers for Disease Control and Prevention (CDC), 610,000 people die of heart disease every year in the US.

Risk factors including high blood pressure, high cholesterol, and smoking can increase the risk of heart disease. The CDC reports nearly half of American adults have at least one of these risk factors. Many types of heart disease are preventable for individuals who manage their risk factors.

DOH-Collier recommends the following actions to reduce your risk of heart disease:

- Maintain a healthy weight
- Quit smoking or using other forms of tobacco
- Exercise for at least 30-60 minutes per day
- Monitor existing health conditions
- Limit alcohol use
- Practice effective stress management
- Reduce salt (sodium) intake

During American Heart Health Month, residents and visitors are encouraged to show their heart some love by making consistent, healthy choices.

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### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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