



St. Lawrence County Public Health Department

Dana Olzenak McGuire, PT, PhD ■ Public Health Director
80 State Highway 310, Suite 2 ■ Canton, New York 13617-1476
Phone: (315) 386-2325 ■ Fax: (315) 386-2203

Press Release

Date: February 19, 2019
FOR IMMEDIATE RELEASE
Contact: 315-386-2325

February is Heart Disease Awareness Month

Canton, NY in honor of Heart Disease Awareness month, St. Lawrence County Public Health would like to share strategies for preventing heart disease and encourage residents to live heart healthy lives.

Did you know heart disease is the leading cause of death for both men and women? Every year, 1 in 4 deaths is caused by heart disease in the United States. As for St. Lawrence County, 7% of adults were diagnosed with heart disease in 2017, a percentage that has been on the rise.

Heart disease encompasses a variety of diseases affecting the heart. Coronary artery disease is the most common type, which can cause heart attack, chest pain, heart failure, and arrhythmias. Coronary artery disease occurs when plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing the blood flow to the heart.

Symptoms vary depending on the type of heart disease. Often, chest discomfort or a heart attack is the first sign. Symptoms of a heart attack include:

- Chest pain;
- Pain or discomfort in the jaw, neck, or back;
- Weakness, light-headedness, nausea, or a cold sweat
- Pain or discomfort in the arm or shoulder; and
- Shortness of breath

The good news is people who make healthy lifestyle changes and properly manage their health conditions can lower their overall risk for heart disease and heart attack.

To lower the risk for heart disease, you should:

- Maintain a healthy weight
- Quit smoking
- Control your cholesterol and blood pressure
- Limit alcohol use
- Get enough physical activity
- Eat a healthy diet

By living a healthy lifestyle you also help manage your blood pressure, cholesterol, and sugar levels, in addition to preventing heart disease and heart attack.

For more information on how you can prevent heart disease, visit www.cdc.gov/heartdisease or call the Public Health Department at 315-386-2325.

###