



# FEBRUARY 2023

## Is American Heart Month

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States, responsible for every 1 out of 5 deaths. Cardiovascular disease and the conditions that lead to it can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

February is American Heart Month, a time when you can check in on your cardiovascular health. While heart disease can be deadly for adults, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet and physical inactivity.

Contact us for more information about heart health and early warning signs and symptoms of heart disease.