



Genesee County Health Department

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PRESS RELEASE

Date: January 26, 2010
Release Date: February 1, 2010
End Date: February 28, 2010
Contact: Dianna LaBonte, RN, BSN
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Re: Heart Health Month and National Wear Red Day

Go red in February! The month of February is American Heart Month and February 5, 2010 is National Wear Red Day. On February 5, 2010 wear red to increase awareness of heart disease and stroke among women. Someone in the US dies every 37 seconds from heart disease. According to the American Heart Association, every year more than 430,000 women die from heart disease in the United States. Approximately 64% of these women die suddenly without any previous symptoms of heart disease. The keys to a healthy heart are prevention and modification.

Heart disease consists of a variety of irregular conditions that affect the heart and blood vessels in the heart. Certain risk factors increase the likelihood of developing heart disease. Some of them can be controlled, modified or treated and others cannot. Risk factors include:

Age: Women of all ages are affected with a higher rate in those over the age of 65.

Heredity: Those with a family history of heart disease may have an increased risk of developing heart disease. The risk of heart disease is also higher among African Americans, American Indians, Mexican Americans, native Hawaiians and some Asian Americans.

Better Life Through Better Health

Lifestyle: Physical inactivity, poor diet, overweight/obesity, drinking too much alcohol and smoking all increase risk.

Other risk factors: High cholesterol, high blood pressure and high blood sugar.

By giving special attention to risks factors that can be modified, treated or controlled, people can decrease their chances of developing heart disease. Some recommended changes include: eating a healthy diet, exercising 30 minutes each day, keeping a healthy weight, and avoiding tobacco use. Screening for blood pressure, blood sugar, HDL (good) cholesterol, LDL (bad) cholesterol, total cholesterol, and triglycerides helps to identify risk factors and heart disease in the earliest stages. The Genesee County Health Department's Breast and Cervical Cancer Control Program (BCCCP) offers women enrolled in the BCCCP a chance to participate in the WISEWOMAN program. This program offers blood pressure, cholesterol and diabetes screening as well as helps women reduce their risk factors for heart disease, stroke and diabetes through lifestyle behavior changes. The BCCCP program is for women ages 40-64 who are uninsured, underinsured, and income qualified (i.e., annual income of \$27,075.00 with one person in the house).

For more information about the WISEWOMAN program or to schedule an appointment, please contact the Genesee County Health Department's Breast and Cervical Cancer Control at (810) 237-4545.

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