



## February is Heart Month.

Marshall Health and Marshall Cardiology joins with The Department of Health and Human Services and The Centers for Disease Control and Prevention to prevent **1 million** deaths from heart attack and stroke by 2017.

Million Hearts is a national initiative to prevent one million heart attacks and strokes in the United States over the next five years. Launched by The Department of Health and Human Services (HHS) in September 2011, it aligns existing efforts, as well as creates new programs, to improve health across communities and help Americans live longer, more productive lives. The Centers For Disease Control and Prevention (CDC) and Centers for Medicare and Medicaid Services (CMS), co-leaders of Million Hearts within HHS, are working alongside other federal agencies and private sector organizations to make a long lasting impact against cardiovascular disease.

### How To Be One In A Million Hearts:

Each person can help reach this goal by signing the Million Hearts Pledge at [millionhearts.hhs.gov](http://millionhearts.hhs.gov) and make a commitment to:

**PREVENT** heart disease and stroke in your families by **UNDERSTANDING** the risks:

**GET UP** and **GET ACTIVE** by exercising for 30 minutes several days a week.

**KNOW** your **ABC'S**:

- appropriate Aspirin Therapy
- **B**lood Pressure Control
- **C**holesterol Management
- **S**moking Cessation

**STAY STRONG** by eating a heart healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.

**TAKE CONTROL** of your heart health by following your doctor's instructions for medication and treatment.

**Marshall Cardiology** encourages you to take the pledge and join us in the effort to prevent one million heart attacks and strokes by 2016.