



HEART DISEASE

— BY THE NUMBERS

20%

Percentage of heart attacks that are silent

18.2M

Americans aged 20 and older with coronary heart disease

#1

Number one leading cause of death for men and women in the U.S.

647K

Number of Americans who die from heart disease each year

80%

Percentage of preventable cases of heart disease and stroke

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

 healthcentral

BLACK
HISTORY MONTH

Talk to your health care team about the **ABCS**



Aspirin when appropriate



Blood pressure control



Cholesterol management



Smoking cessation

Healthy Tips

Hello Harris County, February is here! It's officially the season of love, the heart, and Black History Month. Let's remember to celebrate our heart and our health.

Before we go into healthy lifestyles, let's take a moment to recognize, celebrate, and discuss Black History Month. Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries worldwide, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Let's move forward and discuss the heart. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, or smoking. Several health conditions, including your lifestyle, age, and family history, can increase your risk of heart disease. While some risk factors for heart disease are beyond your control, such as age or family history, you can reduce your risk by changing the factors you can control.

-ADRC staff.

Helping out the Community!

ADRC's Carmen Mercado, Customer Service Representative II, secured a donation of Incontinence Supplies for two of our clients.

Thank you, Medical Bridges for your generous donation to one of our clients!



There are things you can do TODAY to lower your risk of heart attack and stroke.

Start now with small steps.

millionhearts.hhs.gov/livetothebeat



High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home can help you keep your blood pressure under control. #HeartMonth <https://bit.ly/2iFB6U5>



A balanced diet and regular visits to the doctor can prevent heart disease. Take care of yourself!



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8:00AM-5:00PM

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Website:
www.careconnection.org

Social Media
www.facebook.com/CareConnectionADRC

At Care Connection Aging and Disability Resource Center, we strive to help older adults and individuals with disabilities of all ages and caregivers.

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