

AMERICAN HEART MONTH

The term “heart disease” refers to various types of different heart conditions. Heart diseases sometimes go undiagnosed until you experience signs and symptoms such as a heart attack, heart failure, and an arrhythmia (abnormal heart rhythm). By choosing to live a healthy lifestyle, you can reduce your risk of heart disease. Consult with your provider about a lifestyle change that would be best for you based on your medical history.

DID YOU KNOW?



About 699,659 individuals in America died from heart disease in 2022.

INTERESTING FACT

Find out more at

 www.heart.org

MENTAL HEALTH CORNER

Valentine’s Day can bring feelings of anxiety and dread. However, it can also serve as a reminder of self-care.

Try **positive self-talk**: the way we speak to ourselves reflects our feelings. By choosing to reframe a negative thought, we can change our perspective.

Treat yourself: Do something you enjoy that also refuels you. Some ideas could be learning a new skill, existing hobby, journaling; something that brings you genuine joy.

High cholesterol 	Physical inactivity 
Smoking tobacco products 	Being overweight or obese 
Having high blood pressure 	Diabetes 

Are you at risk for heart disease?