

FEBRUARY IS

# American Heart Month



February is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. Nearly half of all Americans have at least one of the top three risk factors of heart disease: high blood pressure, high cholesterol, and smoking.

The good news is heart disease can often be prevented by making healthy choices and managing health conditions. Heart Month is designed to spread awareness about heart disease and encourage people to live heart healthy lives.

[Click here](#) to learn more about your risk for heart disease and the steps you need to take now to help your heart.

## How do you prevent heart disease?

- Don't smoke
- Maintain a healthy weight
- Get regular physical exercise
- Eat healthy foods
- Control your blood pressure

## Symptoms of heart disease include:

- Chest pain or discomfort
- Indigestion
- Heartburn
- Shortness of breath
- Fatigue
- Fluttering feelings in the chest
- Swelling of the feet, ankles, legs or neck

## What are the risk factors of heart disease?

- High blood pressure
- High blood cholesterol
- Smoking
- Unhealthy diet
- Physical inactivity



PIERCE GROUP BENEFITS