

MEDIA RELEASE



Date: February 1, 2019
To: All Media
From: LaSalle County Health Department
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For Immediate Release

OTTAWA, IL – February is American Heart Month, a month to spread awareness about the importance of heart health. In honor of this, LaSalle County Health Department would like to encourage people to show their support by wearing red on Fridays throughout the month of February.

Heart disease is the number one killer of women in Illinois, and the U.S. While heart disease has traditionally been seen as a “man’s disease” one in three women dies of heart disease each year. Women are also more likely than men to exhibit these signs of heart attack such as shortness of breath, nausea, vomiting or back and jaw pain. Heart attacks are life- and -death emergencies where every second counts so we encourage people to know their risks. Factors that may increase your chances of getting heart disease include:

- High Blood Cholesterol -Lowering your cholesterol can reduce your risk of having a heart attack, needing heart bypass surgery or angioplasty, and dying of heart disease. Exercising, eating a healthy diet, and not smoking will help you prevent high cholesterol and reduce your levels.
- High Blood Pressure
- Diabetes
- Being Overweight
- Family history of early heart disease
- Age (55 or older for women)
- Being physically inactive
- Smoking

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Some steps you can take to decrease your risks of heart disease is to know your numbers when it comes to cholesterol and blood pressure. In addition, controlling your weight, being physical active and decreasing your stress level can also have added benefits.

If you experience any of the following symptoms, do not wait before calling for help.

Call 911 and get to the hospital right away.

- Chest pain or discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Sudden dizziness or lightheadedness
- Unusual upper body pain (arms, back, jaw)
- Skipped heartbeats
- Unusual or unexplained fatigue

For more information about heart disease, contact the LaSalle County Health Department at 433-3366 or visit our website at www.lasallecounty.org

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