

The Somerville-Raritan-Manville Health Department reminds you ...



February is American Heart Month

Take Your Heart Health Personally -
Know the Facts

- Cardiovascular disease (CVD) is the number 1 killer of Americans ... both men and women.
- More than 2,300 Americans die of CVD each day ... that's an average of one death every 38 seconds.
- Many of these deaths are *preventable*.
- A heart attack is an EMERGENCY: call 911 (do NOT call a family member or your doctor).



February 5th is National Wear Red Day!

Raise Awareness About Women
and Heart Disease

- The #1 killer of women in America is HEART DISEASE.
- It kills more women than all cancers combined.
- By wearing red, we can bring a voice to this silent killer. We can talk to our doctors and spread the word to our family, friends and community about making the right choices and taking action to help prevent heart disease.



Know the Signs & Symptoms of a **HEART ATTACK**

- Pressure, fullness, discomfort or squeezing in the center of your chest.
- It can last for more than a few minutes *or* can go away and come back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath (with or without chest discomfort), breaking out in a cold sweat, nausea or lightheadedness.
- Like men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely to experience shortness of breath, nausea or vomiting, and back or jaw pain.

For more information, contact the **AMERICAN HEART ASSOCIATION**

Go For Red: 1-888-694-3278 or www.goredforwomen.org

General Heart Health: 1-800-242-8721 or www.americanheart.org