

(Neb.)-February First Recognizes Women's Heart Disease

By: Jeremy Anderson Posted at: 01/28/2013 02:35 PM

(Hemingford)-The Go Red for Women campaign by the American Heart Association encourages women take charge of their heart health by knowing their risk for heart disease and taking action to reduce it. In the Panhandle and throughout the Nation, heart disease is the leading cause of death and nearly one in every three adults reported being told by a healthcare professional that they had high blood pressure. On February 1, 2013 the Panhandle Public Health District urges all residents to wear red and help raise awareness that heart disease is the number killer.

Heart disease does not discriminate based on age or gender. Lifestyle, overall health, and genetic factors can all raise your risk. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent according to the American Heart Association.

For additional information about the "Go Red" movement, visit www.goredforwomen.org, www.americanheart.org, www.pphd.org or call PPHD at 308-487-3600.

-Courtesy of PPHD