

February Is American Heart Month



American Heart Month is celebrated alongside National Wear Red Day® on Feb 3. Both observances serve as a great reminder to consider your heart health in 2023.

Women, in particular, should pay careful attention to their heart health, even though it may seem like men are the primary focus of heart disease-related health information.



According to the CDC:

▼
Heart disease is the leading cause of death for women in the United States.

Nearly 20% of female deaths are related to heart disease.

▼
In the United States in 2020, about 697,000 people died from heart disease.

About 314,000 of those deaths were women.

▼
1 in 16 American women older than 20 have coronary heart disease. Throughout the United States, roughly 6% of Hispanic, Black and white women, and 3% of Asian women have the disease.

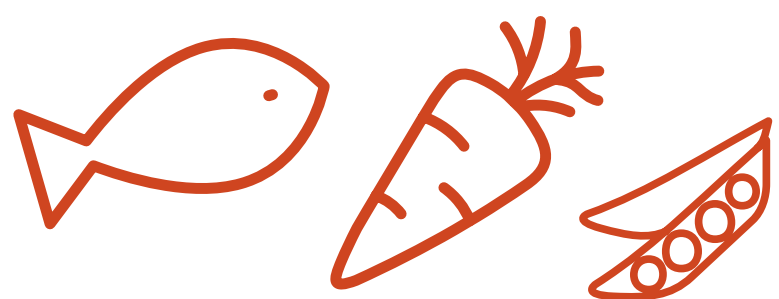
Show Your Heart Some Love

Aside from discussing your heart health history with your provider, **there are ways you can help your heart stay healthy and happy.**



Diet

Eating plenty of vegetables and lean protein sources, such as chicken or fish, can help you maintain good heart health.



Regular Exercise

Use fitness apps to monitor your heart rate and report any anomalies or concerns to your provider.

Sleep

Without enough time for your body to reset, you risk building up stress hormones that impact your metabolism and, ultimately, your heart.

Take time this February to check in on your heart health by visiting your provider. Find a specialist at weillcornell.org/doctors