

HEALTHY HEART NEWS

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St. Luke's Cornwall Hospital's Cardiovascular Institute is committed to you and our community. We pride ourselves on being an engaged partner with the many constituencies that we serve. As part of our commitment to meeting your heart health needs, we have developed this quarterly newsletter filled with information that can improve the quality of, and in some cases, help save your life. If there are topics that you would like to see covered in future editions, please e-mail Beverly Keefer, Director of Cardiovascular Services, Cardiac Cath and Interventional Radiology at bkeefer@slchospital.org.

ARE YOU READY TO GO RED?

To prevent heart disease and increase awareness of its effects, St. Luke's Cornwall Hospital is proudly participating in American Heart Month.

What does that mean?

American Heart Month is designated every February and means that the push is on to raise awareness and knowledge about heart disease.

Heart Disease statistics are staggering —

- About 610,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women.
- Coronary Heart Disease (CHD) is the most common type of heart disease, killing more than 370,000 people annually.
- Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen to people who have already had a heart attack.
- In the United States, someone has a heart attack every 40 seconds.

The good news?

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

What can you do?

Know your risk factors! Awareness of the risk factors for heart disease can help prevent the problem before it even starts.

Approximately half of Americans have at least one of the top risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Poor diet, especially a diet high in salt and trans fats, and lack of exercise are other common risk factors for heart disease. Those who have a family history of heart disease, have diabetes, or are obese are also at increased risk.

Most of these risk factors, however, can be monitored and controlled. Everyone should have a blood test to check cholesterol levels. Those who have high cholesterol should take steps to lower it before they experience heart problems. Monitoring one's blood pressure regularly is also very important.

Maintaining a heart-healthy lifestyle is important for everyone, regardless of one's personal risk of heart disease. Eating a diet high in fresh fruits and vegetables, avoiding foods that are high in salt, fat, and cholesterol, and exercising regularly can help to maintain a healthy heart.

It's important to take an active role in managing your risk factors. Schedule regular visits with your doctor to discuss your heart disease risks.

No matter your age, making smart choices now will support a lifetime of health. Make a commitment this month to learn about healthy lifestyle habits for a healthy heart.



JOIN US!

St. Luke's Cornwall Hospital has partnered with the American Heart Association and will be participating in the Heart Walk scheduled for **May 6, 2018**.

The Heart Walk is a fun family event where you can walk to celebrate your heart health or recommit to taking better care of yourself. Walk with friends, family members, and coworkers, and get moving together! When you join the Heart Walk, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping to save lives. Each walker on your team is asked to raise money to fund the valuable research, education, and advocacy efforts of the American Heart Association.

Where:

Lake Welch Beach, Harriman State Park
800 Kanawauke Road
Stony Point, New York, 10980

When:

Sunday, May 6, 2018 | 8:30 A.M. - 12:30 P.M.

Registration Fee: None

Please feel free to call us for more information, and come walk with us as we raise awareness!

For more information contact: Beverly Keefer, BSN, Director of Cardiovascular Services at St. Luke's Cornwall Hospital.



WANT TO HEAR MORE?
Listen to the SLCH Doc Talk podcast
with Dr. Jack Tighe at
<http://bit.ly/slchdoctalk>

