

# HEALTHY HEART NEWS

Montefiore | St. Luke's Cornwall

Volume 24 | February 2022

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Montefiore St. Luke's Cornwall'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@montefioreslc.org](mailto:bkeefer@montefioreslc.org).

## GO RED FOR FEBRUARY - AMERICAN HEART MONTH

Montefiore St. Luke's Cornwall supports the American Heart Association and asks you to do the same.

Friday, February 4th 2022, is National Wear Red Day. Companies, community organizations, and individuals are invited to "GO RED" to kick off February's National Heart Month. Every red heart, red ribbon, or red article of clothing that is worn reminds people how important our hearts are.

In 2003, the American Heart Association and National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year. A disease that many women were not paying attention to and from that action, National Wear Red Day was born. It is held on the first Friday in February every year to kick off Heart Month and to raise awareness about Heart Disease being the # 1 killer of women.

By raising awareness, women can be educated to understand that more than 80% of heart disease events in women can be prevented by making simple lifestyle changes like eating healthier, quitting smoking, and exercising 30 minutes daily.

Go Red for women also encourages women to know their family health history and their own numbers. Knowing cholesterol numbers, both good cholesterol (HDL) and total cholesterol, blood pressure, blood sugar, and body mass index (BMI) can help women and their health care providers determine their risk for developing cardiovascular disease.



National  
**WEAR RED**  
Day

While men and women share the same risk factors: smoking, diabetes, hypertension, and high cholesterol along with a family history, the symptoms of a heart attack may differ in women from those often experienced by men. The classic symptoms of a heart attack such as severe chest pain with radiation to an arm may not be experienced by women. In women, the symptoms may be more subtle and this may be the reason why many women tend to wait to seek treatment.

### TYPICAL SYMPTOMS OF A HEART ATTACK IN WOMEN

- Vague ache in the chest
- Pain in the stomach
- Neck pain
- Shoulder pain
- Back pain
- Shortness of breath
- Severe sweating and palpitations

Go Red for women encourages awareness of the issues of women and heart disease and taking action to save more lives. The movement channels the energy, passion, and power women have to band together and collectively wipe out heart disease.



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