



EDDIE A. PEREZ
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
Ph: (860) 543-8860
Fax: (860) 722-6851
www.hartford.gov



CARLOS RIVERA
Director

FEBRUARY IS AMERICAN HEART MONTH

Hartford Women's Healthy Heart Day

February 9, 2010

Women Take Time, Learn How to Maintain a Healthy Heart

News and Community Advisory

The City of Hartford Health and Human Services Department, in collaboration with St. Francis Hospital Phillips Women's Heart Program, will be offering a free health screening and educational session for women in recognition of Heart Disease Month and the **GO RED** for Women Campaign. The event will take place on **February 9, 2010 from 11:30 AM to 1:30 PM at the Hartford Public Library. Blood pressure, blood sugar, height, weight, BMI and Cholesterol screening will be provided.** Nursing students from the University of Hartford will be there to help and to promote healthy heart lifestyles.

Diet, lack of exercise, gender, smoking, obesity and family history are all risk factors associated with heart disease. Learning about the early signs of heart disease and how to help prevent serious complications is very important. According to the American Heart Association, Cardiovascular (heart) disease ranks first among all disease categories in hospital discharges for women. Nearly 37 percent of all female deaths in America occur from cardiovascular disease which include stroke. The death rate due to cardiovascular disease is substantially higher in black women than in white.

Heart attacks can be a silent killer. Many women may be walking around with severe heart disease without knowing it. Now is the time to stop and take a few minutes to check your heart status and start the process of maintaining a healthy heart. All Women living and working within the city of Hartford are encouraged to attend and receive screening and vital information on how to maintain a healthy heart.

For more information, please call Carol Steinke, Public Health Nursing Supervisor at 860-543-8860 or email steic001@hartford.gov.

