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FEBRUARY IS AMERICAN HEART MONTH

February 4, 2011 is National Wear Red Day/ Go Red for Women
February 15, 2011 is Hartford Women's Healthy Heart Day

The City of Hartford Department of Health and Human Services, in collaboration with the Philips Women's Heart Program of St. Francis, will offer 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 15, 2011 from 11:30am- 1:30 pm at the Hartford Public Library at 500 Main St. Hartford. Blood pressure, blood sugar, height, weight, waist, BMI and cholesterol screening will be provided. These findings are reviewed with each individual woman to help her identify ways she can reduce her risk for heart disease whether by, diet, exercise or smoking cessation.

"Heart disease among women is an issue we must take very seriously. We are committed to providing the women of our city and their families with the most comprehensive health information and services to help them take the steps to achieve more positive health outcomes," stated Carlos Rivera, Director of the Department of Health and Human Services.

Take the first step towards a healthier you by visiting us on February 15th and receive this free education and screening to help you learn about and reduce your individual risk for heart disease. Let's make Hartford Healthy.

Know the facts:

- Heart disease is the leading cause of death for women causing more deaths each year than breast cancer.
- More women die of heart disease than men and women are less likely than men to receive appropriate treatment after a heart attack.
- Heart attacks can be a silent killer. Know the warning signs of a heart attack and stroke and when to call 911.
- Heart disease signs and symptoms can vary for women; chest pain, neck or jaw pain, back, stomach and abdominal pain, nausea, palpitations, shortness of breath, weakness, fatigue, and unexplained anxiety. Only 30% of cases include complaints of chest pain.
- Diet, lack of exercise, smoking, obesity and family history are all risk factors associated with heart disease.
- Many cardiovascular events can be prevented by making healthy lifestyle choices. If you smoke, quit. If you are sedentary, get up and move daily. Eat healthy. Lower the amount of salt in your diet and eat more fish, fresh vegetables and less processed carbohydrates.

Show your support for women's heart health and wear red on Friday February 4, 2011 for "National Wear Red Day".

For more information, please contact Carol Steinke, Public Health Nursing Supervisor at 860-757-4846 or email steic001@hartford.gov.