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CITY OF HARTFORD HOSTS EVENT IN RECOGNITION OF HEART DISEASE MONTH

Health and Human Services, St. Francis to Offer Free Health Screenings

--- NEWS AND COMMUNITY STATEMENT---

(February 1, 2012) --- In recognition of Heart Disease Month and the **GO RED** for Women Campaign, the City of Hartford Health and Human Services Department, in collaboration with St. Francis Hospital Phillips Women's Heart Program, will offer free health screenings and educational sessions for women. The event will take place **9 a.m. to noon on Friday, February 3, 2012 at the Burgdorf Clinic Lobby, 131 Coventry Street. Blood pressure, blood sugar, BMI (Body Mass Index) and cholesterol screenings will be provided.**

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 are 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, including stroke. Moreover, the death rate due to cardiovascular disease is substantially higher in Black and Latina women than in White women.

Heart attacks can be a silent killer, as many women are unaware that they have severe heart disease. By checking current heart status and beginning the process of maintaining a healthy heart, women can positively impact the incidents of heart disease. The event is open to all women who live and work in the City.

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