



# **NEWS RELEASE**

## **St. Charles County Government**

**Department of Community Health and the Environment**

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### **February is American Heart Month**

Cardiovascular disease is the number one killer of St. Charles County residents

*St. Charles County, Missouri* – As Valentine’s Day approaches, many people are thinking about a gift for their sweetheart. This year, how about giving the gift of a healthy heart? Since 1964, American Heart Month has reinforced the commitment to fighting heart disease by promoting awareness about its risks, its causes, and ways of reducing the chances of developing this potentially deadly illness.

More than 70 million Americans live with some form of heart disease, and it remains the leading cause of death in the United States. To reduce the risk of cardiovascular disease, the American Heart Association offers these tips:

- Exercise regularly
- Develop good eating habits
- Avoid tobacco, drugs, and excessive alcohol consumption
- Take advantage of heart health screenings to detect problems early.

A healthy heart starts with education. To help St. Charles County residents learn more, the Department of Community Health and the Environment offers heart health classes for all ages. The classes are free and taught by professional registered nurse educators. Call 636-949-7400, extension 4244, for details.

For further details about American Heart Month celebrations, or events going on in your area, log on to [www.americanheart.org](http://www.americanheart.org). For more information about the St. Charles County Department of Community Health and the Environment, call 636-949-7400 or visit [www.scchealth.org](http://www.scchealth.org).

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