

# SUNDAY MORNING Health Corner

## Heart Health Awareness Month

**February is American Heart Health Month!** This month we bring awareness to **cardiovascular health** and **cardiovascular diseases (CVDs)**. CVDs are the leading cause of death in the U.S. Among African Americans. Black people are **30 percent** more likely to die from heart disease than their white counterparts. African American adults are also **40 percent** more likely to suffer from high blood pressure. It's imperative to keep your heart healthy! Learn more about cardiovascular health and ways you can lower your risk of CVDs.

### What is cardiovascular disease?

**Cardiovascular disease (CVD)** is an umbrella term that refers to diseases that affect the heart and blood vessels. Common CVDs are:

- Arrhythmia
- Heart attack
- Heart disease
- Heart failure
- Stroke

### What are the risk factors?

There are several risk factors that lead to the development of cardiovascular disease.

#### Risk factors include:

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Obesity
- Family history

### How can I lower my risks?

Maintaining a healthy lifestyle can help lower your risk of cardiovascular diseases.

Try to incorporate the following into your lifestyle:

- Balanced Diet
- Exercise
- Limited alcohol/tobacco usage



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