



FEBRUARY

American Heart Month

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay 'heart healthy' for yourself and your loved ones.

Healthy Tips for Better Heart Health

- *Get a yearly physical*
- *Monitor your blood pressure*
- *Get your cholesterol checked*
- *Eat a healthy diet*
- *Take your medications as prescribed by your Primary Care Provider.*
- * *Exercise Regularly*
- * *Maintain a healthy weight*
- * *Don't smoke*
- * *Limit alcohol use*



Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

Together, we all can prevent and manage heart disease, one step at a time.

Fish River Rural Health is a selected participant in the Centers for Medicare and Medicaid Services (CMS) – Million Hearts Initiative – CVD Risk Reduction Model. This model is an opportunity for health care professionals to design sustainable models of care that help reduce the ten-year atherosclerotic cardiovascular disease (ASCVD) risk and to prevent heart attacks and strokes for tens of thousands of eligible Medicare beneficiaries. Million Hearts CVD Risk Reduction Model objective is to prevent one million heart attacks over the next five years.

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