





DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT

1555 North 17th Avenue
Greeley, CO 80631

www.weldhealth.org  



FOR IMMEDIATE RELEASE

Contact:

Health Communications

(970) 400-2523

February is Heart Month – Reduce Stress and Protect Your Heart

Weld, County – According to the American Heart Association (AHA), stress can increase your risk of heart disease. Last month, the AHA reconfirmed that high stress is a serious risk factor in cardiovascular disease, and that the best way to counter it may lie in calming the brain.

According to Mark E. Wallace, MD, MPH, Executive Director of the Weld County Department of Public Health and Environment, “it’s not necessarily how much stress we’re under, but how we handle it that matters. While there are many factors that can contribute to stroke, heart attacks, and heart failure, lowering stress is a great way to start reducing your chances of heart disease. Managing your stress will help you feel better and lower your risk for illness. “

How can you take action against stress? According to the ADA, start by recognizing what causes stress, then find healthy ways to cope. Eating healthy and exercising regularly can help manage stress and prevent heart disease. Practicing meditation, yoga, or simple mindfulness exercises are great ways to keep calm and carry on. This month, practice self-care and protect your ticker.

For more information on heart disease and ways to maintain a healthy heart visit:
www.weldhealth.org.

####