



Public Health
Prevent. Promote. Protect.

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PSHD Promotes National Heart Month

During the month of February, Americans turn their thoughts to hearts and flowers. At the Plainville Southington Health District (PSHD), February is the month of educating the public about preventing cardiovascular disease, the nation's leading killer.

"The Plainville Southington Health District encourages residents to take charge of their health in 2018," said Shane Lockwood, PSHD Director of Health. "It is never too late to modify lifestyle behaviors to reduce your chance of developing cardiovascular disease. An important part of understanding your risk of heart disease is knowing your blood pressure and cholesterol numbers."

The term cardiovascular disease refers to a variety of diseases and conditions affecting the heart and blood vessels. The principal diseases are hypertension, heart disease, and stroke. According to the Centers for Disease Control and Prevention (CDC), about 610,000 people die of cardiovascular disease in the United States each year. It is the major cause of death for both men and women. Deaths, however, is only a part of the picture. Cardiovascular disease can also be debilitating, affecting your overall health and quality of life.

Cardiovascular deaths are considered to be premature and preventable by modifying lifestyles. While you can't change some factors, such as your age, family history or race, there are a limited number of behaviors practiced by Americans of all ages each day that dramatically contribute to their risk of cardiovascular disease. Cardiovascular deaths are attributed to six risk factors – tobacco use, physical inactivity, poor nutrition, hypertension, obesity, and alcohol. Modifying your lifestyle can significantly reduce your chance of being affected by cardiovascular disease.

To learn more about cardiovascular disease visit the Centers for Disease Control and Prevention website at www.cdc.gov.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.