FEBRUARY IS

AMERICAN HEART MONTH

According to the National Health Information Center, heart disease is the leading cause of death for men and women in the United States. That's why the Gwinnett County Department of Fire and Emergency Services, is joining the American Heart Association in recognizing February as *American Heart Month*.

In 2016, paramedics responded to 5,369 chest pain and cardiac/respiratory arrest emergencies in Gwinnett County. The numbers do not include calls for other medical complaints that were ultimately linked to chest pain or cardiac emergencies or those that were walk-ins at hospitals or the doctor's office.

That's why health care organizations across the country are working to raise awareness of heart disease prevention and Cardio Pulmonary Resuscitation (CPR) and Automatic External Defibrillator (AED) training to make our communities healthier and safer.

There are a few things that everyone can do to make a difference:

- Make physical activity a part of your daily routine
- Make healthy food choices and use of a variety of spices to season food instead of salt
- Participate in annual physicals with your doctor
- Avoid unhealthy habits and seek positive outlets to relieve stress
- Learn CPR and how to use an AED

For additional information on heart health, please visit the American Heart Association website at http://www.heart.org/HEARTORG/.

For information on Community CPR/AED classes offered by the department, please contact the Gwinnett Fire Community Risk Reduction-Education Section at 678-518-4845 or email fireprograms@gwinnettcounty.com.