



# CHATTING ABOUT HEALTH

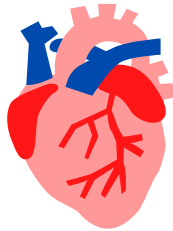
## FEBRUARY IS AMERICAN HEART MONTH

### Heart disease is the leading cause of death in the US

Heart disease refers to several types of heart conditions.

You can reduce your risk of heart disease through lifestyle changes.

The most common type of heart disease in the United States is coronary artery disease (CAD).



- CAD affects the blood flow to the heart.
- Decreased blood flow can cause a heart attack.

A healthy lifestyle, can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

- Healthy Diet
  - Eat healthy foods including fresh fruits and vegetables
  - Eat fewer processed foods
  - Limit sodium and sugar intake



### Risk factors for heart disease include

- high blood pressure
- high cholesterol
- smoking
- diabetes
- obesity
- physical inactivity
- having a diet high in saturated fats, trans fats and cholesterol
- excessive alcohol use



- Maintain a healthy weight
- Get regular physical activity
- Don't smoke
- Manage medical conditions like high blood pressure, high cholesterol and diabetes



**Learn more about heart disease from CDC**



# Winter brings increased activity of viral respiratory illness and norovirus

*As people spend more time indoors viruses are able to spread more easily.*

**Do you know what you can do to help keep yourself and your family healthy this winter?**



Wash hands frequently



Clean and disinfect surfaces often



Get vaccinated



Stay home when sick



Wear a mask around others if you have symptoms

**Learn more from CDC**



Flu



RSV



COVID-19



Norovirus

## COVID-19 VACCINES AND BOOSTERS

- COVID-19 vaccines are safe and effective
- On December 9, 2022, CDC and FDA expanded the use of updated bivalent boosters to include everyone 6 months and older.



Learn more about vaccines at

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>



To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/vaccines>



WWW.CHATHAMHEALTH.ORG

