



BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES
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FOR IMMEDIATE RELEASE

January 25, 2011

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Wear Red!

Support Women's Heart Health

On February 4, 2011, the Bergen County Department of Health Services urges all residents to show their support for women's heart health awareness and Wear Red! Wearing red reminds us of the red dress and gives everyone a chance to come together and show their support for women's heart health.

The Heart Truth introduced the red dress symbol as the national symbol for women and heart disease in 2002. The main purpose of the design is to encourage women to realize that they are at risk for heart disease and to take action to reduce their risk. *The Heart Truth* campaign is driven by this message; "Heart disease doesn't care what you wear – it's the #1 killer among women".

According to the American Heart Association, cardiovascular disease claims the lives of over 500,000 women a year. One in every four woman will die of heart disease. Of women between the ages of 40 and 60, 80 percent have one or more risk factors for heart disease. Having just one risk factor of heart disease will double your chances of developing heart disease in your lifetime.

Risk factors for heart disease include:

- Cigarette and tobacco smoke
- High blood cholesterol levels
- High blood pressure
- Physical inactivity
- Obesity, and
- Diabetes mellitus

Woman can start taking action as soon as possible! Heart disease can begin as early as your teen years! If you smoke, quit. If quitting is too hard to do cold turkey, quit little by little; smoke one cigarette less and then another one less. Incorporate healthy eating habits into your everyday lifestyle. Eat a colorful assortment of fruit and vegetables every day. Watch your weight and be active. Start slow with physical activity. Incorporate a little more walking and less driving into your day or make it a point to walk for a half hour after dinner each night. Another way to reduce your risk is to manage your stress. When a stressful situation arises, step away, take a breather or two, refocus and stay calm!

So take a stand! Join the Bergen County Department of Health Services on February 4, 2011!
Wear red and show your support.

For more information on the Wear Red campaign and National Wear Red Day visit:

- <http://www.goredforwomen.org/index.aspx>.
- <http://www.nhlbi.nih.gov/educational/hearttruth/>

You can also contact the Bergen County Department of Health Services for information at 201-634-2704.

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