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FOR IMMEDIATE RELEASE

American Heart Month: Be Prepared to Save a Life



Albuquerque, NM. (Feb. 11, 2021) February is **National Heart Month**, a good time to remind everyone to take care of their heart and consider their risk factors for cardiovascular disease. It's also the perfect time to take training from the American Red Cross on how to perform Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help save lives. Cardiac arrest claims thousands of lives every year. Red Cross CPR/AED classes can help you save a life when every moment counts. Visit www.redcross.org/takeaclass for information and to register.

While much of the world remains under varying degrees of quarantine due to the COVID-19 pandemic, people have been forced into new routines. Some of these new routines no longer include regular exercise or healthy eating habits, which are top contributors to heart disease.

According to the American Heart Association, heart disease is a leading cause of death in the United States for both men and women. They also offer a few tips on action items you take to prevent heart disease:

- **Know your risk.** Knowing your risk can help you make lifestyle changes.
- **Eat a healthy diet.** Start making healthy choices that include daily vegetables and less processed foods.
- **Be physically active.** Move more – it's one of the best ways to stay healthy, prevent disease, and age well.
- **Watch your weight.** Stay at a healthy weight for you.
- **Check your blood pressure and cholesterol.** These are two main risk factors that could lead to heart disease.



Raising awareness is important not only in the month of February but year-round too. It's the awareness that can ultimately save a life and on the first Friday of every February, the nation celebrates National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

If you are taking a course to fulfill a job requirement, check with your employer so you know exactly which course you need. Go to www.redcross.org/takeaclass for information and to register.

You can also download the FREE [Red Cross First Aid App](#) for instant access to information on handling the most common first aid emergencies, including cardiac arrest, today. The First Aid App provides expert advice including what to do for burns, broken bones, and breathing and cardiac emergencies. The app can be downloaded for free in app stores or at redcross.org/apps. Those with Alexa-enabled devices can enable the Red Cross First Aid skill.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

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