



FOR IMMEDIATE RELEASE:

Suffolk County Legislator Tom Muratore

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A Message from Legislator Tom Muratore About American Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Legislator Tom Muratore (R-Ronkonkoma) is proud to promote **American Heart Month**, which occurs each February and is sponsored by the *American Heart Association*.

"February isn't just about Valentine's Day hearts. It is a reminder to maintain the well-being of the human heart," stated Legislator Tom Muratore. "Since cardiac disease is the country's number one killer, it is wise to review some common sense tips for maintaining a healthier lifestyle."

You can make changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. Here are some very basic tips to help lower your risk:

- ***See your physician for regular check-ups, and/or if you exhibit warning signs of heart disease.***
- ***Watch your weight.***
- ***Quit smoking and stay away from secondhand smoke.***
- ***Control your cholesterol and blood pressure.***
- ***If you drink alcohol, drink only in moderation.***
- ***Get active and eat healthy.***

For more in-depth information about cardiac health, visit <http://www.heart.org/HEARTORG/>