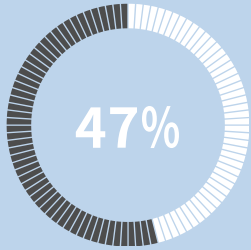


THE PULSE

BY THE NUMBERS



Of all Americans have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.



1 in 5 heart attacks in the U.S. are silent - the damage is done, but the person is not aware of it.

Source: [CDC - Heart Disease Facts](#).



FOCUS

KNOW YOUR HEART BETTER

Heart disease is the leading cause of death for men, women and people of most racial and ethnic groups in the United States. This month, we're focusing on spreading awareness and the importance of having a healthy heart.



DETAIL

LET'S HAVE A HEART TO HEART

By Isaac A Cruz, Wellbeing Consultant

When it comes to a healthy heart, there are many factors that can impact it. From family history to lifestyle behaviors, these factors can put you at a risk for heart disease. **Growing studies** have shown that mental health disorders can cause individuals to experience certain effects on the body that are associated with heart disease. Depression and anxiety over a long period of time can cause increased heart rate and blood pressure along with reduced blood flow to the heart. These effects can lead to a calcium buildup in the arteries which may result in heart disease.

These mental health disorders can also increase one's chances to adopt certain behaviors such as smoking; a major risk for heart disease and stroke. Take steps to reduce your stress to keep your heart healthy:

- **Relax!** Listen to relaxing music to calm down or work on your hobbies.
- **Take a break!** Prioritize essential items and simplify your time.
- **Talk it out:** Maintain social connections with loved ones and talk with the people you trust.



NATIONAL WEAR RED DAY

Wear red on Friday, February 2nd to bring greater attention to heart disease as a leading cause of death for Americans.

