



A MINUTE OF HEALTH WITH CDC

Have a Healthy Heart

American Heart Month — February 2015

Recorded: February 3, 2015; posted: February 5, 2015

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Heart disease continues to be the leading cause of death for both men and women in the U.S. The risk is higher for African-American men, and adults living in the southeast. While some heart problems can be attributed to family history, ethnicity, and age, others are caused by certain behaviors you can change. Help decrease your chance of developing heart disease. Get regular physical activity, eat a healthy diet, and control your blood pressure and cholesterol. Also, regular check-ups are important for early detection of any problems. If you're experiencing symptoms of heart disease, see a health care provider immediately.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.