



# News Release

**Sunrise Fire-Rescue Department**

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[www.sunrisefl.gov](http://www.sunrisefl.gov)

For Release: IMMEDIATE

## **LOVING CARE FOR YOUR HEART**

(SUNRISE, FL)- It's February and the time of year devoted to matters of the heart. Valentine's Day and all of its amorous trappings instantly spring to mind, but did you know that February is also designated for raising awareness about heart disease as American Heart Month? This is important because heart disease is the leading cause of death for men and women in the United States.

The good news is that heart disease can be prevented with healthy habits that help to manage body weight, cholesterol, and blood pressure. So, amidst the customary celebration of all-things-romantic this month, be sure to extend some of the love to your own, literal heart:

### **Eat better.**

- Avoid processed foods high sugar, sodium, and hydrogenated-fat.
- Drink alcohol only in moderation: 2 drinks/day for men; 1 for women.

### **Move.**

- Incorporate moderate activity for 30 minutes a day, 5 times a week or more.

### **No Smoking.**

- Find resources to help you quit at [www.smokefree.gov](http://www.smokefree.gov).
- Avoid second-hand smoke.

### **Regular check-ups.**

- Check your blood pressure, cholesterol numbers, blood sugar level, and body mass index (BMI).
- Discuss your results with your doctor.

You can even do something this month to show someone else's heart some major love:

### **Learn CPR.**

- Call 954-746-3465 for information on upcoming CPR training opportunities in Sunrise.
- Get the free PulsePoint phone app, which notifies users if CPR may be needed in a nearby public place.

Four out of five cardiac arrests happen outside of a hospital setting. Effective bystander CPR provided immediately after sudden cardiac arrest has been shown to double, and even triple, a victim's chance of survival.

Take these steps to heart, and you'll show Cupid what it really means to spread the love.

For on-going safety tips, 'Like' us on Facebook at Sunrise Fire-Rescue and follow us on Twitter@SunriseFRD.

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