

Transcript – Wear Red Video 2/1/13

Hi, I am Jose Montero, Director of Public Health at the New Hampshire Department of Health and Human Services. February 1st is National Go Red Day. It's a day that we use to increase awareness about heart health especially for women. It's a day where we start using red and February is our Heart Health Month. Most people don't know that across the country cardiovascular diseases are the main cause of death. And in New Hampshire for women heart conditions are the second cause of death. In fact 1 in 4 may be experiencing problems that may take them, that may be fatal at the end of the day. So in order to increase awareness about these issues we want to highlight a couple of things that we all can do to improve our chances of being healthier however and having longer lives. At the Department of Health and Human Services we partner with our federal friends at the Centers for Disease Control and Prevention and with the Centers for Medicaid and Medicare in the Million Hearts initiative. Through the Million Hearts initiative we want to highlight four key messages that will make us all be healthier and especially with women. So the first one is Get Up and Be Active. Physical activity without being strenuous exercise is really good for all of us. Know Your ABCS, which means go to your healthcare provider and see if you should be taking aspirin. Get your blood pressure measured and if it's high what are the recommendations for getting it under control. Cholesterol, the same thing, you need to be measured, and if it's high, you need to do what it takes, mostly with physical activity, exercise, and in some cases medication, to take it under control. And tobacco, smoking cessation. If you smoke you shouldn't. We can offer support for cessation through several different ways so discuss that with your healthcare provider. The third one is Stay Strong. Through healthy eating and physical activity we will all be healthier and stay strong. And take control of your health, because if we don't do these for ourselves nobody else can get us to be healthier. Now, in some people still we will experience some heart conditions, and heart attack in women is really important to identify early. Sometimes symptoms are different between men and women so let's highlight how in women they can be different. So you can have the classical chest pain, discomfort, but in some women you are going to have an unusual sense of discomfort in the upper body that you can't not really identify. So if you have risk factors for heart conditions please make sure that you call your clinicians and discuss what's going on. Some people will experience shortness of breath and others will have cold sweats and nausea as the symptoms. So again, chest discomfort and upper body discomfort, shortness of breath, and in some cases cold sweats or nausea. But we can do a lot to prevent those. Please, get up, get active, know your ABCS, aspirin if indicated, blood pressure, cholesterol, and smoking cessation. Stay strong and take control of your own health. Thank you.