

FOR IMMEDIATE RELAEASE

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SMH Goes Red for Heart Health

PLYMOUTH, N.H. --- Employees at Speare Memorial Hospital and Speare Memorial at Boulder Point wore red today in recognition of National Wear Red Day, and to help raise awareness about heart disease. Heart disease is a leading cause for men and women in America, and one in four Americans have a cardiovascular condition, according to the Centers for Disease Control.

“Wear Red Day is an important part of the *Go Red for Women* goal to build awareness and urge women (and all Americans) to take concrete actions to reduce their risk of heart disease,” says the American Heart Association. “Heart disease is largely preventable. In fact, 80 percent of cardiac events can be prevented if people make the right choices for their hearts, involving diet, exercise and abstinence of smoking,” according to statistics from the American Heart Association.



Tips for Building a Better Heart

- Know Your Numbers. Maintain a healthy weight and control your blood pressure, cholesterol and blood sugar.
- “Butt” Out! If you smoke, NOW is the time to quit.
- Move It! Get at least 30 minutes of exercise every day to maintain a healthy heart. More physical activity will be needed if you are trying to lose weight.
- Eat Smart. Whole grains, fruits and vegetables provide a solid foundation for a healthy diet.
- Chill Out! Take time to relax, refresh and rejuvenate to better manage stress. Get at least eight hours of sleep a day.
- Check Up. If you haven’t had a physical recently, call your primary care physician to schedule one. Request and discuss your cardiac risk assessment.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

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