

Carroll County Times

Organizations push for healthy hearts

Landmark News Services

February marks American Heart Month and the Women's Heart Health Action Team of the Partnership for a Healthier Carroll County is doing everything in its power to get the word out. Throughout the month there will be seminars, dinners and exercise classes to encourage healthy heart choices.

According to a press release, heart disease is the leading cause of death in Carroll County and in Maryland.

Because of this statistic, many organizations are doing all they can to help spread awareness any way possible.

On Wednesday, from 7–8 p.m. at Calvary United Methodist Church in Mount Airy, Carrie Vincent, a young mother and heart attack survivor, will speak about her experience. The event is free and open to the public.

One national group that has made its goal to get the word out that heart disease is not just a man's disease is Go Red For Women, which stems from the American Heart Association. On Friday, everyone is encouraged to wear red to spread awareness.

According to www.goredforwomen.org, some of the signs of a heart attack include:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This feeling may occur with or without chest discomfort.

Other signs of discomfort. These may include breaking out in a cold sweat, nausea or lightheadedness.

The overwhelming participation in American Heart Month is truly necessary because while it is the No. 1 cause of death in the nation, it can also be preventable with a healthy lifestyle.