

Rothman Helps Promote Awareness of Cardiovascular Disease During American Heart Month

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Cardiovascular Disease During American Heart Month
Urges All Americans, Especially Women, to
Learn About the Signs & Causes of Heart Disease

Washington, DC - In an effort to help raise awareness of heart disease during American Heart Month, Congressman Steve Rothman (D-Fair Lawn) today encouraged all Americans, especially women, to learn about the signs and causes of cardiovascular disease. Rothman noted that according to the American Heart Association, nearly 500,000 women die of heart disease annually and one in ten American women aged 45 to 64 and one in four American women aged 64 or older has some form of heart disease.

"Despite heart disease being responsible for more deaths of women than the next seven causes combined, including all forms of cancer, only 8 percent of women think that heart disease is a major personal concern," Rothman said. "These statistics are a sign that heart health awareness is not at the level it needs to be. I encourage all Americans, especially women, to learn about cardiovascular disease and to contact the American Heart Association for the information that can save their lives."

Rothman encouraged both men and women to educate themselves on the warning signs of heart attack, stroke, and cardiac arrest. He noted that women in particular should learn about the risk factors they can control, including diabetes, high blood pressure, tobacco use, cholesterol, physical inactivity, and obesity.

"Not only can well-informed women and mothers improve their own health, but mothers can also help put children on the path to a lifetime of good heart health," Rothman said. "We all must work to ensure that our families are eating healthy, well-balanced meals and we must make sure that our families are getting enough physical activity. These simple but important efforts will mean a great deal to the future health of our family members."

For more information, Rothman encourages people to visit the American Heart Associations' website at www.americanheart.org or call the organization at 1-800-AHA-USA-1 (1-800-242-8721).

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[Go back](#)