

♥ HEART HEALTH

Get Heart Smart: Educate, Evaluate, Act *Heart Screenings Offer Opportunity To Reduce Risk*

(NAPSA)—February is the time to focus on affairs of the heart—both literally and figuratively. While Valentine's Day gives us an opportunity to remind friends and family of the emotions in our heart, American Heart Month is the time to remind the people you love to take care of the health of their heart.

More than 1.2 million Americans suffer heart attacks each year, some 700,000 of them first-time attacks. Approximately 500,000 die from heart disease—the leading cause of death in the United States. And coronary heart disease is the number one killer of women in the United States, taking roughly one female life every minute. American Heart Month is a reminder to all that three easy steps—education, evaluation and action—can significantly reduce the risk factors associated with heart disease.

“This is a perfect time to educate ourselves about the signs and symptoms of heart disease, evaluate our heart health with screenings and doctor visits, and to take action by making lifestyle changes that can help reduce the risk,” said Wal-Mart pharmacist Mayline Torres-Cerda.

Here's a convenient, free way to get educated and evaluated: All U.S. Wal-Mart stores and Sam's Club pharmacies will host a Healthy Heart Community Event in February. The event will offer complimentary cholesterol and blood pressure screenings, samples of heart-healthy products, and educational information on heart disease.

The Healthy Heart event will be held at all U.S. Wal-Mart stores on Saturday, Feb. 19 from



Getting screened can help people reduce the risk factors associated with heart disease.

10 a.m. to 4 p.m., with screenings available from 11 a.m. to 3 p.m. Sam's Club pharmacies will hold the event on Friday, Feb. 18 from 9 a.m. to 4 p.m., with screenings available from 9 a.m. to 1 p.m.

Early screenings can be critical in reducing the risk of heart disease and managing a healthy heart. Many people do not even know they could have heart disease because many of the risk factors, including high blood pressure and cholesterol, have no symptoms.

“Knowing the facts and making changes can go a long way toward lowering your risk for heart disease,” said Torres-Cerda.

The Healthy Heart event is sponsored in part by Bayer Aspirin, Benefiber, BP Success Zone, Berry Burst Cheerios, Breyers, Cadbury Schweppes Americas Beverages, Centrum, Green Giant Frozen Vegetables, Kellogg's, Minute Maid Heart Wise, One-A-Day Vitamins, PepsiCo Beverages and Foods, and St. Joseph Aspirin. To locate a nearby Wal-Mart store, go to www.walmart.com.