National Wear Red Day

Friday, February 7th

The pressure's on . . . and in the United States, unfortunately, it's high blood pressure! Here are some disturbing facts:

1. According to the Centers of Disease Control, 67 million American adults (31%) have high blood pressure or 1 in every 3 adults!
2. 69% of individuals who have a first heart attack, 77% of individuals who have a first stroke and 74% of individuals with chronic heart failure have high blood pressure.
3. High blood pressure costs the nation $47.5 billion annually in direct medical expenses and another $3.5 billion in lost productivity.
4. Only about half (47%) of individuals with high blood pressure have it under control.
5. Almost 30% of American adults have "prehypertension" – blood pressure numbers that are higher than normal but not yet in the high blood pressure range.

The Medical Center of Plano is proud to partner with the American Heart Association to promote **FEBRUARY** as Heart Disease Awareness Month. Our campaign theme this year, **PUMP IT UP** will focus on blood pressure management.. We've designed a campaign that will provide you information on what you can do to control your blood pressure and prevent high blood pressure! The campaign includes a series of Heart Bytes, dates and times of FREE seminars and information on our community HEARTSMART HEALTH Fair scheduled for Saturday, February 8 on the campus of The Medical Center of Plano

The Medical Center *of* Plano