

## **Hamilton ‘Goes Red’ on Friday, February 3<sup>rd</sup> for Women’s Heart Health**

You’ll see a lot of red in Hamilton on Friday, February 3<sup>rd</sup>.

That’s because Hamilton Township will be going red to help promote awareness for Women’s Heart Health.

That day, Hamilton Township Municipal Government employees will be wearing red to help bring attention to this important health issue. Beginning that evening and continuing throughout the weekend, the Township Municipal Building, Health Division Building, as well as two of the Township’s historic homes – The Grafton House and The Sayen House – will be illuminated in the color red.

According to the American Heart Association -- which started the ‘Go Red’ initiative in 2004 to help dispel the common misperception that heart disease only affected older men -- heart disease and stroke account for 1 in 3 deaths among women each year.

That means heart disease accounts for more deaths among women than all forms of cancer combined.

However, the good news is that according to the American Heart Association, 80 percent of cardiac or stroke events may be able to be prevented with the help of education and action.

“As someone who previously worked for the American Cancer Society, I find it to be a very sobering statistic that heart disease and stroke account for more deaths among women than all forms of cancer combined. I think it shows exactly why our community and our country need to continue to increase awareness about this important health issue,” says Hamilton Township Mayor Kelly Yaede.

The American Heart Association reports that testing for risk factors, such as tests for Blood Pressure, Cholesterol, Blood Sugar and Body Mass Index (BMI), can help identify risks for heart disease. By working with the help of your healthcare provider to treat, manage or control these and other heart disease risk factors, can help to lower individuals’ risks. To learn more, residents can visit: **[GoRedForWomen.org](http://GoRedForWomen.org)**

“I would urge all of our residents to wear red on Friday, February 3<sup>rd</sup> to help us increase awareness and to encourage more women to screen for the risk factors associated with heart disease and stroke,” says Mayor Yaede. “Together we can help save the lives of more women across our community and our nation.”