

A Proclamation
By the
Louisville/Jefferson County Metro Council

*To all whom these letters shall come, Greetings:
Know ye, that the Louisville Metro Council hereby proclaims
February as*

National Heart Awareness Month

WHEREAS, Heart disease kills an estimated 630,000 Americans each year. In the United States, the most common type of heart disease is coronary artery disease which can lead to a heart attack and;

WHEREAS, Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease and;

WHEREAS, Since 2004, February also has been the signature month for the American Heart Association's *Go Red For Women* campaign and the message that heart disease is not only a man's problem and;

WHEREAS, High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are some of the risk factors associated with heart disease. You can greatly reduce your risk for coronary artery disease through lifestyle changes and, in some cases, medication and;

WHEREAS, Far too many American are unaware of the dangers of cardio arrest and about 95 percent die before reaching the hospital and;

WHEREAS, Knowing the signs and symptoms of a heart attack are crucial to the most positive outcomes after having a heart attack. **(or most successful recovery after having a heart attack)**

THEREFORE, BE IT RESOLVED THAT the Louisville Metro Council urges all citizens to learn as much as possible about the signs of a heart attack. Further, we urge all citizens to learn and to follow preventive practices that lead to a healthy heart and to encourage family, co-workers and friends to do the same.

*Done, at the Louisville/Jefferson Metro Council,
This the 8th day of February 2018*

Mary C. Woolridge, Councilwoman
Louisville Metro Council District