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 American Heart 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.

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

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.

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.

Now we therefore hereby proclaim February as American Heart Month in the Louisville Jefferson Metro area and encourage all citizens to begin today to work toward having a healthy heart.

Done, at the Louisville/Jefferson Metro Council, this the 12th day of February 2015

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Mary C. Woolridge, Councilwoman
Louisville Metro Council District 3