

For Immediate Release

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Ampla Health urges women to protect their heart health and to encourage others to do the same.

During American Heart Month, Ampla Health supports the Heart Truth Campaign and encourages action by highlighting personal experiences with heart disease

During American Heart Month in February 2013, The Heart Truth campaign of the National Heart, Lung, and Blood Institute (NHLBI) will celebrate the stories of women taking action to protect their hearts and who are inspiring and motivating others to make heart-healthy lifestyle changes.

Women and men across the country will kick off the month on Friday, February 1, 2013 by participating in the 11th annual National Wear Red Day, which encourages all Americans to wear red to show their support for raising awareness of women's heart disease.

More women are finding out their personal risk for developing heart disease. In a 2009 American Heart Association survey, 48 percent reported discussing heart disease with their doctor, up from 30 percent in 1997. Women can significantly reduce their risk of heart disease by managing cholesterol levels, controlling blood pressure, not smoking, and adopting other healthy habits such as eating well, being active, and keeping a healthy weight.

This year, the campaign focuses on the importance of women talking with each other and sharing their stories in the fight against heart disease.

For more information about Ampla Health heart disease prevention and to help motivate all women to take healthy lifestyle actions that lower their risk for heart disease. Please contact Ampla Health at 1-866-358-9791 or visit an Ampla Health Medical Center nearest you.