

Show Your Heart Love This February With Screenings At The Valley Hospital



FEBRUARY IS
AMERICAN HEART MONTH



February is American Heart Month. We are dedicating February to helping you learn all about heart health by providing useful tips, facts and so much more from Valley Hospital and their partner, Cleveland Clinic. Photo Credit: Valley Health System

RIDGEWOOD, N.J. -- According to a recent study by the Cleveland Clinic, of which Valley Health System is an affiliate, Americans overwhelmingly fear heart disease. In fact, 68 percent of those surveyed admitted they are worried about dying due to some form of cardiac disease. Despite this concern, many at-risk individuals are critically unaware of what factors signify good cardiac health.

For example, just 18 percent of people surveyed could state their body mass index, and only 38 percent knew their blood pressure. Although heart disease is the leading cause of death for both men and women, information on this common killer has seemingly been overlooked. However, there is good news.

"Heart disease is largely preventable and controllable by addressing treatable risk factors and making lifestyle changes," said Dr. Benita Burke, medical director of Heart Care for Women at Valley Medical Group, a Cleveland Clinic affiliate.

"Unfortunately, as the Cleveland Clinic study demonstrates, far too few people know their personal risk factors for heart disease."

To raise awareness of the causes, symptoms and prevalence of heart disease, Valley Health System has established the Cardiac Screening Program, which offers free, comprehensive heart risk assessments to individuals between the ages of 20 to 79.

The assessments include: a medical history, blood pressure screening, a heart auscultation -- which evaluates heart rate, rhythm and presence of murmur -- lung auscultation, peripheral vascular pulse assessments, evaluation of lipid profile and blood glucose level, biometrics (including BMI, waist measurement, body fat analysis) and the totaling of American Heart Association Heart and Cardiovascular Risk Score for each patient.

For more information and to make an appointment for a free heart risk assessment call 201-447-8535 or [click here](#). Learn how to keep your heart happy and healthy all month long by [following Valley Health System's Facebook](#) for tips, facts and more.