



# Straight from the heart

**The heart takes center stage in February as Caraday celebrates American Heart Month and Valentine's Day.**

Heart disease remains the number one cause of death and nearly half of all adults have some form of cardiovascular disease. The good news is that **90 percent of all heart disease can be prevented** by controlling blood pressure, diabetes, and cholesterol, along with adopting healthy lifestyle behaviors such as diet and not smoking.

**Throughout the month, look for information and activities to learn more about heart disease and how to make healthy lifestyle changes.**



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