

Florida Heart Group Raises Awareness for American Heart Month

/EINPresswire.com/ Heart disease is the leading killer of men and women, as it takes the lives of approximately 8.6 million women worldwide and 267,000 women in the United States annually.

“Heart disease” is an umbrella term that encompasses a number of different heart conditions. These conditions include:

Cardiovascular disease, which can cause strokes

Coronary heart disease, which causes heart attacks, angina, heart failure, and arrhythmias

In total, heart disease costs the United States \$312.6 billion each year, which includes the cost of health care, medication, and the value of productive time lost. Both conditions are also leading causes of physical disability, which greatly reduces the quality of life for those affected.

To combat this startling trend, Florida Heart Group, a Florida cardiology practice, is asking women to help spread awareness of the devastating effects of heart disease by having a check-up performed and taking other appropriate measures, such as eating a healthy diet and exercising a minimum of three times per week for 20 minutes each time. However, women should not engage in exercise until after they have a checkup performed.

Despite the fact that heart disease can be successfully prevented, it still claims the lives of 1 in 3 American women each year. Studies have also revealed Hispanic women develop heart disease, on average, 10 years earlier than all other women.

There are many causes of heart disease, and Florida Heart Group notes many of them are under the control of potential victims. The most common [heart disease causes](#) include smoking, high blood pressure, high cholesterol, lack of physical activity, and obesity.

“Because so many Americans work in sedentary jobs behind computers and desks for more than eight hours per day, it’s important for them to be allowed to engage in physical activity like walking during the day,” said Andrew Laverghetta, the Florida cardiology practice’s CEO.



Unfortunately, there are also many factors not under the control of potential heart disease victims. Women, simply on the basis of their gender, are more likely to suffer a heart attack than men. The same applies if a history of heart attacks runs in a person's family, and for African American individuals.

Florida Heart Group would like to remind women who experience [heart attack warnings](#) such as undue fatigue, an irregular or unusually fast heartbeat, difficulty breathing, and chest discomfort during increased physical activity to visit a [female cardiologist](#).

Florida Heart Group would like all Americans to keep in mind February is the month for all Americans to take a stand and reduce the harm that heart disease causes in their lives. The Organization recommends not only thinking about heart health during February, but to make it a lifestyle choice throughout the year.

ABOUT FLORIDA HEART GROUP: Since its founding in 1979, Florida Heart Group has grown into a local leader in the diagnosis, treatment and prevention of cardiovascular diseases. The practice boasts over 19 Orlando cardiologists and numerous Orlando cardiology specializations including Peripheral Vascular, Interventional Cardiology, Women's Heart Disease, Heart Failure, Arrhythmia, Adult Congenital Heart Disease, and Diagnostic Imaging. The practice can be followed on Facebook and Twitter and on their Orlando heart blog.

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