

Florida Heart Group Emphasizes National Stroke Awareness Month

/EINPresswire.com/ Both of these conditions are leading causes of death among both men and women in the United States.

According to the most recent statistics released by the Centers for Disease Control & Prevention, heart disease claims the lives of 597,689 people each year, while stroke causes 129,476 deaths. These unfortunate statistics, combined with the fact May is National Stroke Month, have caused Florida Heart Group to take action in helping people understand how they can prevent both of these conditions from affecting them or someone they love.



"Even though around 730,000 people die annually from both of these conditions, in most cases, death is preventable. Both uncontrollable and controllable factors play a role. In the case of uncontrollable factors, we recommend people stop in at Florida Heart Group for a preventative screening. For situations where people have control over heart disease and stroke, we recommend lifestyle changes. They're not easy to make, but in addition to saving your life, these changes also improve the quality of your life," said the [Florida cardiology](#) practice's CEO, Andrew Laverghetta.

Controllable Factors

In most cases, heart disease victims aren't helpless over their condition. Following are some of the controllable changes they can make in their lives to reduce the likelihood they experience heart disease or a stroke:

Quitting smoking

Improving cholesterol levels through a combination of regular exercise, eating a diet rich in fish, vegetables, fruits, whole grains, lowering fat consumption, and using a prescribed medication

Reducing hypertension

Exercising three times per week for at least 20 minutes each time

Minimizing stress and anger levels

Managing diabetes

Uncontrollable Factors

However, while many factors are controllable and can be affected by lifestyle changes, some are not controllable. Those factors include:

Male sex

Being of older age

History of family heart disease

Post-menopausal

Race – African Americans, American Indians, and Mexican Americans are more likely to experience heart disease than Caucasians

[Heart attack warning signs](#) include:

Chest discomfort

Discomfort throughout other areas of the upper body

Shortness of breath

Breaking out in a cold sweat

Nausea

Lightheadedness

Warning signs of stroke include:

Face drooping

Weakness or numbness in the arms

Difficulty with speech/slurring

Confusion and trouble understanding

Sudden difficulty seeing with one or both eyes

Dizziness and loss of balance or coordination

Severe headache with no known cause

Individuals experiencing any of these signs should call 911 immediately, as they may be about to experience a heart attack or stroke. Florida Heart Group recommends all individuals concerned with the health of their heart or their physical health in general to visit for a preventative screening. The [Florida vascular](#) clinic has three locations open Monday through Friday, from 8:30 a.m. to 5:30 p.m. Appointments can be scheduled by visiting the following URL:

<http://www.fhg.org/locations.asp>

About Florida Heart Group:

Founded in 1979, Florida Heart Group has grown into the state's leading provider in the diagnosis, treatment, and prevention of heart disease. The practice offers over 19 Orlando

doctors, who specialize in services such as Peripheral Vascular Technology, Interventional Cardiology, Women's Heart Disease, Arrhythmia, Heart Failure, Adult Congenital Heart Disease, and Diagnostic Imaging. The practice offers regular information to patients on its blog and Facebook and Twitter accounts.

Media Contact:

Andrew Laverghetta

Florida Heart Group

407-894-4474

<http://www.fhg.org>

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