

# Dr. Burgess Weekly Video Address February 22, 2013

## “American Heart Month”

---

Hello this is your Congressman Michael Burgess. Last week was Valentine’s Day and makes us think of hearts. Each year in the United States over 700,000 people have a heart attack, and one in every four deaths is from heart disease – making it the number one killer of both men and women. This epidemic is costing the United States over \$300 billion each year. There is good news - heart disease is preventable, and it is controllable.

We all know the steps you can take to improve your heart health. When it comes to prevention make sure you’re eating a healthy diet. Make sure you exercise and maintain a healthy weight. Limit your alcohol intake and don’t smoke. Monitor your blood pressure and finally, have your cholesterol checked and take prescribed medication according to the doctor’s orders.

It’s important to keep the following four things in mind when working to improve heart health. First, don’t become overwhelmed. Every step you take is important, an important step closer to a healthy heart. Second, ask a family member or a friend to join you on your journey to a healthier heart. Not only will it make it more enjoyable, you can encourage one another along the way. Next, don’t get discouraged. You won’t be able to implement all of the changes overnight so do take it one day at a time. Finally, reward yourself by finding ways to reduce stress while having fun at the same time.

Please remember that some health conditions and lifestyle factors can contribute to a higher risk in developing heart disease. As always, it is important to discuss issues and risk factors with your physician.

Thank you for taking the time to listen. For more information on American Heart Month, please visit my website, [burgess.house.gov](http://burgess.house.gov). May God bless you and your family - and as always, may God bless Texas.