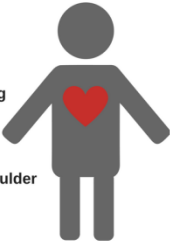
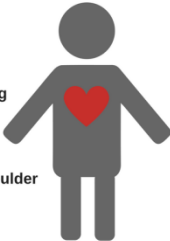


American Heart Month Messages

Facebook	Twitter
<p>Did you know that Heart Disease is the leading cause of death in the U.S.? It is important to know prevention, symptoms, and signs of heart disease for a healthier Virginia! http://bit.ly/2iB0QFO</p>	<p>#DYK heart disease is the leading cause of death in U.S.? Learn prevention & symptoms. #hearthealth #RVA #swva #HRVA http://bit.ly/2iB0QFO</p>
<p>High blood pressure and cholesterol are large risk factors for heart disease. If you have either, take your prescribed medication and visit your doctor regularly.</p>	<p>High blood pressure & cholesterol are large risks for heart disease. Visit your doc & take medications if you have 1 of these. #RVA #swva</p>
<p style="text-align: center;">5 Common Warning signs of a Heart Attack</p> <ol style="list-style-type: none"> 1. Pain or discomfort in chest 2. Lightheaded, nausea, or vomiting 3. Jaw, neck, or back, pain 4. Discomfort or pain in arm or shoulder 5. Shortness of breath  <p style="text-align: center;">VDHLiveWell.com/heartdisease</p>	<p style="text-align: center;">5 Common Warning signs of a Heart Attack</p> <ol style="list-style-type: none"> 1. Pain or discomfort in chest 2. Lightheaded, nausea, or vomiting 3. Jaw, neck, or back, pain 4. Discomfort or pain in arm or shoulder 5. Shortness of breath  <p style="text-align: center;">VDHLiveWell.com/heartdisease</p>
<p>If you or a loved one are having any of these symptoms call 9-1-1 and get to the hospital quickly. This will increase the risk of survival.</p>	<p>If you notice these signs call 9-1-1. Getting to the hospital quickly increases chance of survival. #hearthealth #RVA #HRVA #swva</p>
<p>Eating a healthy diet is one of the best ways to prevent heart disease. Plan on making a diet change today! Try out these heart healthy recipes. http://bit.ly/2iR8FWf</p>	<p>#HeartHealthy meals are 1 of the best ways to prevent heart disease. Try these #recipes! #HRVA #swva #norfolk #NoVA http://bit.ly/2iR8FWf</p>

<p>Signs of a heart attack vary between men and women. Women are more likely to experience shortness of breath, nausea, vomiting, and back or jaw pain.</p>	<p>#Women are more likely to show shortness of breath, nausea, vomiting, & back or jaw pain when having a heart attack. #RVA #swva #hrva</p>
<p>Smoking is one of the key risk factors for heart disease. If you do smoke learn about quitting today and lower your risk for heart disease! http://bit.ly/2a4T2aX</p>	<p>Smoking is a key risk factor for heart disease. Learn about quitting! #Virginia #RVA #swva #NoVA #VirginiaBeach http://bit.ly/2a4T2aX</p>
<p>Physical activity is important for heart health! Here are some easy tips to get active. http://bit.ly/2iBqkCJ</p>	<p>Physical activity is important for #hearthealth. Here are some easy tips! #Fitness #RVA #swva #HRVA #NoVA</p>
<p>Stress can lead to heart problems. Take 10 minutes out of your day and try out this meditation to lower your stress level. http://bit.ly/2ggVaJK</p>	<p>Stress can lead to bad #hearthealth. Try out this 10 min meditation to calm #stress. #RVA #swva #HRVA http://bit.ly/2ggVaJK</p>