

## **Regular Screenings and Knowing Your Numbers Can Help Catch Heart Disease Early**

According to the Centers for Disease Control and Prevention, about 2,200 people die each day from heart disease in the United States.

That's why, during American Heart Month, OAOHN would like to encourage you to care for yourself and your loved ones by reminding you of the importance of regular health screenings.

You may not know that heart disease affects different populations in different ways.

For example, while 6.6 percent of Caucasian American adults and 6.3 percent of African American adults are living with heart disease, African American men are 30 percent more likely to die from heart disease, as compared to Caucasian American men, according to the Office of Minority Health.

Additionally, African American women are 1.6 times as likely as non-Hispanic white adults to have high blood pressure.

Also according to the Office of Minority Health, American Indians/Alaska Natives, on average, are more likely to be diagnosed with heart disease than their white counterparts.

For people of all ethnicities, heart disease and its complications can be prevented or delayed by knowing and properly managing your biometric numbers such as your weight, blood pressure and cholesterol levels.

The best way to find out if your numbers are within a healthy range for your gender, height and age is to have annual health screenings.

Additionally, having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health.

A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a PCP, finding one is easy! Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.

If you have any changes in your health and you've got questions, call the nurse line offered by your medical plan.