

# HEART CARE AND PREVENTION MONTH



February is the month to raise awareness about heart health. According to recent data from the Centers for Disease Control and Prevention (CDC, 2025), heart disease continues to be the leading cause of death in Puerto Rico. The good news is that many can be prevented, even with family history.

## Give color to your food

Include fruits and vegetables every day and pay attention to colors. Red and violet foods, such as grapes, "berries," eggplant and beet, contain antioxidants that benefit heart health. These do not replace medical treatments, but they bring great health benefits.

## Move for your welfare

- At least 30 minutes a day, 5 days a week
- Walks, dances, swims or rides a bike
- Every move counts!

## Avoid smoking

- Smoking damages the arteries and increases the risk of heart attack.
- Quitting smoking improves heart health. It's never too late.

## Rest well and manage stress

- Sleep 7-8 hours each night
- Practice deep breaths, meditation, prayer or relaxing activities
- Seek emotional support when you need it

## Don't forget your routine exams

- Blood pressure
- Cholesterol
- Blood glucose

Seek urgent medical help if you have: chest pain, shortness of breath, dizziness, frequent palpitations or extreme tiredness for no reason.

**This February, take care of your heart. Move more, eat better, visit your doctor, live with less stress and continue to educate yourself.**

Source: American Heart Association & CDC, 2025