American Heart Month

By Nina Novikoff, HR Director

The month of February is dedicated to raising awareness about heart disease, the leading cause of death for men and women in the United States. At Ferry County Public Hospital District, our staff is dedicated to not only treating heart disease and related illness, but increasing our community's knowledge about prevention. We encourage you to educate yourself on the dangers of heart disease and let us help you keep your heart healthy. Some little steps that can make a big difference include:

- Scheduling a visit with your doctor to talk about heart health.
- Adding exercise to your daily routine.
- Increasing healthy eating.
- Taking steps to quit smoking.
- Taking medication as prescribed.
- Knowing your family health history.

Preventative measures can start at any age. To learn more about heart disease, please visit: www.heart.org, or schedule a visit with your healthcare provider. Together, we can reduce the risk of heart disease in our community.

Prior Hospital Happenings available at http://www.fcphd.org/news.html

Ferry County Public Hospital District
Improving Health – Saving Lives

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