

**PROCLAMATION
HEART HEALTHY MONTH - FEBRUARY 2012**

WHEREAS, Heart Disease is the leading cause of death for both men and women. Approximately 1.2 million Americans suffer a heart attack each year in the United States, including an estimated 700,000 who will have a first heart attack and 500,000 who will have a recurring heart attack; and

WHEREAS, In the U.S. someone has a heart attack every 34 seconds; each minute, someone dies from a heart disease-related event; and in 2010, heart disease cost the United States \$316.4 billion. This total includes the cost of health care services, medications, and lost productivity; and

WHEREAS, About one in five people who have heart failure die within one year from diagnosis. Early diagnosis and treatment which includes education on taking medicines, reducing salt in diet, exercise and self-management of this disease can improve quality of life and life expectancy; and.

WHEREAS, It is important to recognize the signs and symptoms of a heart attack and to act immediately by calling 911. A person's chances of surviving a heart attack increase if emergency treatment is administered as soon as possible. Prevention and education is crucial to understanding this disease; and

WHEREAS, Beaumont Hospital knows that the key to cardiovascular disease prevention and management is education. They are to be commended for their numerous programs including the Heart & Vascular Screening Program - 7 tests for \$70 - screenings to identify one's risk for heart & vascular disease and the Healthy Heart Check - student heart screenings to identify future heart problems; and

WHEREAS, Beaumont also targets women with the American Heart Association's Wear Red for Women Campaign Day; people trying to quit smoking with their smoking cessation classes; as well as the entire community with Health Fairs, AED education/training and speaking presentations; and

WHEREAS, They have developed other programs including PATH - a new six-week program for anyone with any known chronic disease; a Heart Failure Workshop for physicians to refer patients to educate them on disease management, exercise, medication and diet to improve their quality of life; as well as a Community Support Group for people and families of those who have been diagnosed with heart disease;

NOW, THEREFORE, BE IT RESOLVED, That the Mayor and City Council of the City of Troy take this opportunity to proclaim **February as Heart Healthy Month** in the City of Troy, Michigan; and

BE IT FURTHER RESOLVED, That we invite all Troy residents to recognize the importance of education in preventing heart disease within our community and our homes and encourage everyone to participate in Beaumont Hospital's valuable programs and workshops supporting the prevention and management of heart disease.

Presented this 20th day of February 2012.