

Weekly GOP radio address: Sen. Joan Ballweg raises awareness about heart disease during American Heart Month

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Senator Joan Ballweg here.

February is American Heart Month. This important month was first recognized in 1964 to raise awareness for heart disease and encourage Americans to focus on their cardiovascular health.

Heart disease is the leading cause of death in the United States and 1 in 3 women are diagnosed with heart disease every year. That's why Representative Rozar and I have introduced a resolution to raise awareness for this deadly disease and to encourage Wisconsinites to take measures to prevent heart disease.

Heart month has become even more important this year after many people were forced to delay visits to the doctor due to lockdowns over the last two years, in addition to an increase in poor eating habits and decreased physical activity.

The good news is cardiovascular disease is preventable. Maintaining a healthy weight, a healthy diet, and at least 150 minutes of physical activity per week will all help to decrease the likelihood of heart disease and stroke.

So, do your part this February by planning regular checkups with your doctor and making lifestyle choices that will lead to a healthier heart.