



**Office of
Representative Hannah E. Kane
Commonwealth of Massachusetts**

For Immediate Release

Contact: Anna Darrow, 617-722-2810, Anna.Darrow@mahouse.gov

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**State Lawmakers Wear Red to Bring Awareness to Women's No. 1
Health Threat: Cardiovascular Disease**

The American Heart Association's Go Red for Women movement urges women to take action to reduce their personal risk for heart disease and stroke

Boston, MA – Lawmakers joined together at the State House on Monday by wearing red to raise awareness of heart disease and stroke in women. The event was part of the American Heart Association's (AHA) signature movement, go Red for Women, which encourages Americans to red wear in support of women's cardiovascular health. National Wear Red Day is Friday, February 7th.

Cardiovascular disease kills one woman every 80 seconds and takes more lives than all forms of cancer combined. Heart disease and stroke also impact the lives of one in three women and are on the rise in young women in their 20s.

"I was proud to wear red today to support the American Heart Association's mission of bringing awareness to the number one cause of death amongst women. Cardiovascular disease is a threat to women everywhere and the more we can do to help bring attention to it and work toward prevention, the safer our mothers, sisters, daughters and friends will be. Thank you to the American Heart Association for standing up for women's health," remarked Representative Kane.

While 80 percent of cardiovascular diseases are preventable through modest changes to diet and lifestyle, disparities in care for women's heart and brain health persist and present differently in women than men. Women also make up less than half of all clinical trial participants globally and women of color only account for 3%. According to the AHA, more research is needed to close gender disparity gaps.

The AHA's Go Red for Women movement is nationally sponsored by CVS Health and encourages people to show support by wearing red and giving through the month of February to help save lives of women around the world.

Cardiovascular diseases continue to be a women's greatest health threat. To treat, beat, and prevent heart disease and stroke, the AHA encourages women to understand family health history and know their five key personal health numbers: total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar, and body mass index. The AHA also urges women to

make healthy behavioral changes such as moving more, eating smart, and managing blood pressure.

Join Go Red for Women in support of women's health at WearRedDay.org.

American Heart Association inquiries can be directed to 1-800-242-8721 or answered by visiting heart.org.

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