

STATE SENATOR • MARTHA G. SCOTT • 2ND DISTRICT

Scott Press Release

P.O. Box 30036 • Lansing • Michigan • 48909-7536 • 517-373-7748 • Fax: 517-373-1387
E-mail: senmscott@senate.michigan.gov • www.senate.mi.gov/scott



FOR IMMEDIATE RELEASE
Feb 5, 2009

Contact: Sen Martha G. Scott
Phone: (517) 373-7748

FEBRUARY 6 'GO RED FOR WOMEN' DAY IN MICHIGAN

Senator Scott Sponsors Senate Resolution Supporting Women's Heart Health

LANSING, Michigan - The Michigan Senate today passed a Resolution declaring February 6, 2009, 'Go Red For Women Day' in Michigan, celebrating the nationwide day of women's heart health awareness.

"Heart disease is the leading cause of death among women," said State Senator Martha G. Scott (D-Highland Park), sponsor of the Resolution. "I am urging everyone to participate in the "Wear Red for Women Day" campaign to show support for the fight against and to raise awareness of this deadly disease."

Cardiovascular disease claims the lives of about 460,000 American women every year - almost one death per minute. More women die of cardiovascular disease than the next five causes of death combined, including all forms of cancer. Sixty-four percent of women who die suddenly of coronary heart disease have no previous symptoms.

The American Heart Association started Go Red for Women Day in 2004 to educate women that heart disease is their leading cause of death - a fact most women still do not take to heart.

As part of the Go Red for Women movement, women are encouraged to know their risk for heart disease. Women can use the Go Red Heart CheckUp, an online tool that provides a 10-year, personal heart disease risk assessment. The CheckUp is available at www.goredforwomen.org. Once completed, women can take their results to their healthcare provider and develop a personal health plan. Since its genesis in 2007, more than 500,000 women have used the CheckUp.

"Research shows that 80 percent of cardiac events in women could be prevented if women made the right choices for their hearts," Senator Scott said. "This includes changing eating habits, getting regular exercise, not smoking, and managing cholesterol and blood pressure. This year, help the women in your life choose to make healthy choices to avoid heart disease."

American Heart Association research shows that 96 percent of women who "Go Red" have made at least one choice to improve their heart health.

- More than 40 percent have lost weight.
- More than half have increased their exercise.
- Six out of 10 have changed their diets.
- 53 percent have checked their cholesterol levels.
- One-third have investigated their family's history of heart disease or talked to their doctor about their personal heart risks.

For more information about Go Red For Women, visit www.goredforwomen.org or call 1-888-MY-HEART.

#

Senator Scott represents the 2nd Senate District, which includes areas of Detroit and the cities of Hamtramck, Harper Woods, Highland Park and all of the Grosse Pointes. She serves on the Senate Appropriations Committee.