

# FEBRUARY 2018

Provided by: Sullivan Benefits

## American Heart Month

Everyone knows how important the heart is to the body's overall health. What some people don't know is how factors like poor diet and limited exercise can lead to serious heart conditions, putting your whole body at risk. Diet and exercise are the best ways to reduce your risk for heart complications. Some of these complications include cardiac arrest, heart attacks, diabetes, high blood pressure, strokes and high cholesterol.

Cardiac arrest, heart attacks and strokes are some of the most serious heart conditions and their symptoms should be monitored closely. You should call 911 if you or someone you know starts experiencing the following signs:

- Chest discomfort lasting more than a few minutes
- Arm weakness or numbness
- Slurred speech
- Unresponsiveness when tapping on shoulders

For more information about heart health and early warning signs, visit [heart.org](http://heart.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">AMD/Low Vision Awareness Month</a> <a href="#">American Heart Month</a> <a href="#">International Prenatal Infection Prevention Month</a> <a href="#">National Children's Dental Health Month</a> <a href="#">Teen Dating Violence Awareness Month</a>						
				1	2 Groundhog Day <a href="#">National Give Kids A Smile Day</a> <a href="#">Go Red for Women</a>	3 <a href="#">World Cancer Day</a>
4	5	6	7 <a href="#">Congenital Heart Defect Awareness Week (7-14)</a> <a href="#">National Black HIV/AIDS Awareness Day</a>	8	9	10
11	12	13 Mardi Gras	14 Valentine's Day Ash Wednesday <a href="#">National Donor Day</a>	15	16	17
18	19 Presidents Day	20	21	22 <a href="#">National Heart Valve Disease Awareness Day</a>	23	24
25 <a href="#">National Eating Disorder Awareness Week (Feb. 25-March 3)</a>	26	27	28			

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