

**GWINNETT COUNTY DEPARTMENT OF FIRE AND EMERGENCY SERVICES**  
***Fire Station #4 - Proudly Serving Peachtree Corners***



***“February is National Heart Month”***

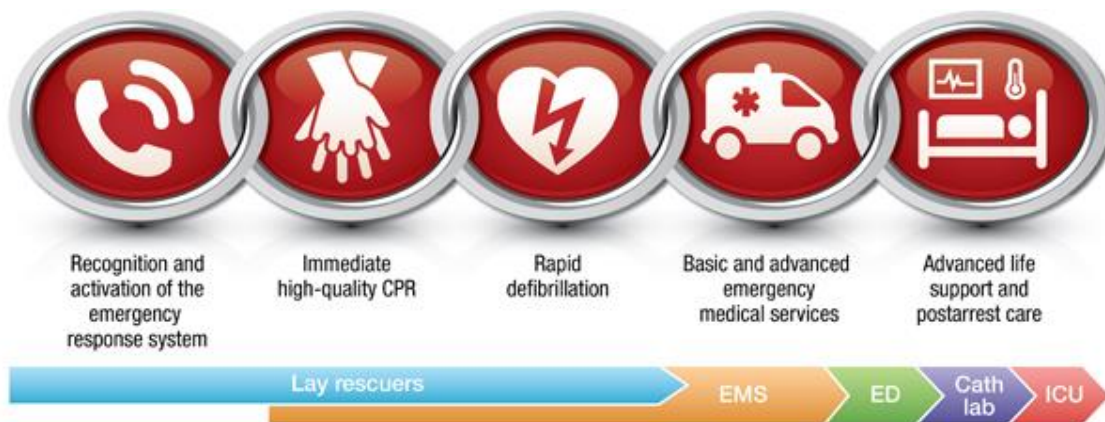
**FEBRUARY IS NATIONAL HEART MONTH!** Did you know that February is National Heart Month? The Gwinnett County Department of Fire and Emergency Services is reminding citizens to make heart healthy choices an important part of their lifestyle. There are several risk factors that contribute to heart disease and may increase the likelihood of suffering from sudden cardiac death. In 2015, Gwinnett firefighters and paramedics responded to 4,938 reports of chest pain or cardiac arrest emergencies. This statistic does not include the calls for other medical complaints that were ultimately linked to a cardiac related event or those that were walk-ins at the hospital emergency department or a doctor’s office. Gwinnett is fortunate to be home to two outstanding cardiac facilities at Gwinnett Medical Center and Eastside Medical Center.

According to the American Heart Association (AHA), major risk factors are those that significantly increase the risk of developing heart disease. They include: age, gender, family history, high blood pressure, high blood cholesterol, physical inactivity, obesity and overweight, smoking, diabetes and poor diet. While the first-three (*age, gender and family history*) are non-modifiable, the remainder of the list is modifiable by living a prudent lifestyle. Statistics show that a significant number

of people in the U.S. live with unhealthy cholesterol levels, high blood pressure or uncontrolled diabetes.

Healthcare professional and pre-hospital emergency medical care providers are encouraging people to make daily exercise and healthy eating choices a priority. A few simple changes will not only help you feel better, it may also lower your chances of developing heart disease or other underlying health issues. Remember to always consult a doctor before beginning an exercise program or going on a diet. The doctor will help you select the activity and eating plan that's right for you.

Along with making heart healthy choices, firefighters and paramedics are encouraging citizens to learn CPR and know how to use an Automatic External Defibrillator or AED. Following the (AHA's) chain of survival shown below, increases the chance for a successful outcome for the victim and also helps emergency responders and hospital staff.



To find out more about Heart Month or how to make heart healthy choices, please visit the American Heart Association or the CDC website. To learn about CPR/AED programs in the community, please contact the Gwinnett Fire Community Risk Reduction Division at 678.518.4845 or e-mail [fireprograms@gwinnettcountry.com](mailto:fireprograms@gwinnettcountry.com).

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