

## PUTNAM COUNTY HOSPITAL



*“Taking Care Of Families  
For Generations To Come”*

1542 S. Bloomington St., Greencastle, IN 46135  
(765) 653-5121 or 1-800-394-9338

# Shades of Red



Heart Disease is the number one killer of women in the United States. It is also the number one cause of disability in women.

One out of four women will die from heart disease. Think of four of your best girlfriends or female relatives. It is likely one of them will be affected by the disease. The physicians and staff at Putnam County Hospital are doing their part to ensure women in Putnam County have the resources to win the fight against heart disease. Prevention is key, and it must begin at an early age. Older women are more at risk for heart disease, but it is beginning to effect women at younger ages as well. It is never too late or too early to begin a heart-healthy lifestyle.

**“Heart Disease is a NOW issue, later may be too late.”** -- American Heart Association

### What is heart disease?

Coronary heart disease is the most common form of heart disease. Often referred to simply as “heart disease,” it is a disorder of the blood vessels of the heart that can lead to a heart attack. It is a lifelong condition and will steadily worsen unless changes are made in your daily habits.

Here are some things you can do to help keep your heart healthy:

- ♥ **Avoid tobacco products.** When it comes to heart disease prevention, no amount of tobacco is safe.
- ♥ **Get plenty of exercise.** Regularly participating in moderately vigorous physical activity can reduce your risk of fatal heart disease.
- ♥ **Maintain a healthy diet.** Heart-healthy eating is not all about cutting back. Most people, for instance, need to add more fruits and vegetables to their diet — with a goal of five to 10 servings a day.
- ♥ **Maintain a healthy weight.** As you put on weight in adulthood, your weight gain is mostly fat rather than muscle. This excess weight can lead to conditions that increase your chances of heart disease, high blood pressure, high cholesterol and diabetes.
- ♥ **Get regular health screenings.** High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably will not know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

Information from [www.mayoclinic.com/heart-disease-prevention](http://www.mayoclinic.com/heart-disease-prevention)

## Join Putnam County Hospital, The Walden Inn, & Martin's Emporium For The *Shades of Red* Runway Event

**Friday, February 5, 2010**

**6 p.m. - 8p.m.**

**Walden Inn Conference Center**

**\$5 per person**

**(tickets may be purchased in  
advance at the PCH gift shop for \$4 each)**

**All proceeds will benefit the  
Putnam County Hospital  
Cardiac Rehabilitation Department.**

