



Heart disease is the number one cause of death in men and women, greater than the next five causes of death combined! According to the latest estimates by the American Heart Association, more than 64 million Americans have one or more forms of cardiovascular disease (CVD).

The heart is a pump, and like other pumps, it can become clogged, break down and need repair. How much do you know about the dangers that threaten this organ, and what can you do to keep it healthy? Take a Heart Health Quiz at <http://health.howstuffworks.com/diseases-conditions/cardiovascular/heart/heart-health-quiz.htm>

Fortunately, there are ways to significantly lower your chances of developing heart disease and reverse the effects of a current heart condition you may or may not be aware of, such as lowering cholesterol and blood pressure, eating healthy and having a more active life style. Heart-Healthy Living, <http://www.hearthealthyonline.com/>, can help you make smart choices without feeling deprived, demystify heart issues and treatments, and show how easy changes can help you feel better and live longer.

The primary goal of *The Heart Truth* campaign is to raise awareness that heart disease is the number one killer of women. To support this goal, *The Heart Truth*, campaign launched the Red Dress as the national symbol for women and heart disease awareness in February 2003.

The Heart Truth is a national awareness campaign for women about heart disease sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, U.S. Department of Health and Human Services (HHS). Through the campaign, NHLBI leads the nation in a landmark heart health awareness movement that is being embraced by millions who share the common goal of better heart health for

Friday, February 4, 2011, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or Red Dress Pin on Friday, February 4, 2011. You can order a Red Dress Tack Pin at: <http://emall.nhlbihin.net/product2.asp?sku=56-075N>.

For more information on National Wear Red Day, visit: <http://www.heart.org/HEARTORG/>.

For more information on Heart Health, please visit the Exceptional Family Member Program (EFMP) webpage at <http://www.pica.army.mil/mwr/ACS/EFMP.htm> or contact the EFMP Manager, Marci Keck, at 973-724-2145 or marci.keck@us.army.mil.

**The Department of Defense EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to Families with special/exceptional needs.*