February is Heart Month

If you experience any of these Heart Attack symptoms:

Chest discomfort, sweating, upper body discomfort, nausea, shortness of breath, light-headedness,

CALL 9-1-1 or your local emergency number immediately

WEAR RED on Monday, February 1ˢᵗ

February is Heart Month. Help raise awareness about heart health and prevention by **wearing red on Monday, February 1st**. Hospital staff who are working on site and remotely are encouraged to participate. Show your support by taking a selfie of you wearing red and send it to **heartmonthHSC@tbh.net**. We'll share those photos on the Daily Informed Newsletter and the Hospital's social media to help spread the message and inspire the community.

A Healthy Heart, Nothing Beats It. Show your support and wear **RED**!

Reduce your risk of **heart disease** by:

- ✓ being *smoke free*
- ✓ staying *physically active*
- ✓ eating a *healthy diet*
- ✓ maintaining a *healthy weight*
- ✓ *limiting alcohol* use

DYK?

The *early detection* and *management* of medical conditions such as **high blood pressure**, **diabetes** and **high cholesterol** can help you reduce your risk of **heart disease**.

Thunder Bay Regional Health Sciences Centre

Cardiovascular Sciences Program

Heart Month
Join the events and education sessions offered in February.