



June 2018 – Million Hearts® Messaging

make June the perfect time for health care providers and family members to have heart-to-heart conversations with Dad about how he can manage any heart disease risk factors that he may have.



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June's Focus

Month and June 17 is Father's Day. This year, give Dad something better than another tie. Health care providers and family members should make time to have heart-to-heart conversations with Dad about how he can manage any heart disease risk factors he may have. Simple changes, such as taking medication as prescribed, eating healthy, getting regular

exercise, and quitting smoking can make a big difference in improving the health of men that strong men put their health first.

Did you know?

- Heart disease is the leading cause of death for men in the United States, responsible for 1 in every 4 male deaths.
- Heart disease is the leading cause of death for men in most racial/ethnic groups in the United States, including blacks, American Indians, Hispanics and whites. For Asian American and Pacific Islander men, heart disease is second only to cancer.
- Between 70 percent and 89 percent of sudden cardiac events occur in men.
- Half of the men who die suddenly of coronary heart disease have no previous symptoms.

High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease and about half of Americans (50 percent) have at least one of these risk factors.

Image #2

Sample Newsletter Article

Have a heart-to-heart with the men in your life about heart disease

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Million Hearts® Partner Resources

American Heart Association (AHA)

[Steps Men Can Take to Improve their Health](#)

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Cardio Smart: American College of Cardiology

[Heavy Drinking Increases Heart Risks in Men](#)

[Physically Demanding Jobs Increase Heart Disease Risk](#)

Preventive Cardiovascular Nurses Association

[Cholesterol: What You Need to Know - Fact Sheet](#)

[Patient Booklet: How do you measure up?](#)

American Medical Association

[Preventing Heart Disease](#)

American Pharmacists Association

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Million Hearts®

[Healthy is Strong campaign](#)

[Personal Health Progress Guide](#)

[How to talk to your health care provider about heart disease](#)

Centers for Disease Control and Prevention

[Men and Heart Disease Fact Sheet](#)

[Heart Health and Depression: What Men Need to Know](#)