



4 Days 'til Go Red!

National Wear Red Day

Friday, February 6th

Just like an artist uses a pallet of colors and tools to create a work of art . . . It's up to you to paint a bright future for your healthy heart.

This year our theme is **HEART HEALTH . . . BY THE NUMBERS**. Over the next 4 weeks, we'll share with you important numbers to know about your heart as well as provide you "tools" to create your portrait of heart health. The campaign includes a series of Heart Bytes, dates and times of FREE seminars and an invitation to our community **HEARTSMART HEALTH Fair** on February 7th.

Here are some numbers about your heart that may surprise you:

- The system of blood vessels including arteries, veins and capillaries is over 60,000 miles long. It is long enough to circle the world twice!
- The heart beats about 100,000 times each day. In a 70 year lifetime, the average heart beats more than 2.5 billion times.
- An adult woman's heart weighs about 8 ounces, a man's about 10 ounces.
- Every 33 seconds someone in US dies from cardiovascular disease, which is roughly the equivalent of a September 11th like tragedy repeating itself every 24 hours, 365 days a year.
- This year more than 920,000 Americans will have a heart attack, nearly ½ of them will occur without warning or prior symptoms.
- By 2020, heart disease will be the leading cause of death throughout the world.



BY THE NUMBERS!



The Medical Center of Plano

HEART BYTE #1