



PUTNAM COUNTY DEPARTMENT OF HEALTH

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www.putnamcountyny.gov/health

A PHAB-ACCREDITED HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Putnam Goes Red on Friday, February 7; *County Employees to Gather on Court House Steps to* *Call Awareness to Heart Health Month*

BREWSTER, NY— On Friday, February 7, people in Putnam County and across the country, will be wearing red to raise awareness about how common cardiovascular diseases are and to call attention to the fact that more women die of these diseases than all cancers combined.

“We all know someone affected by heart disease or stroke,” said County Executive MaryEllen Odell. “Go Red Day hits particularly close to home this year. Our community suffered a great loss this past year with the shocking and tragic loss of the Honorable James F. Reitz. I hope you will all join me in wearing red on Friday to remember him and to remind your family and friends that heart disease is the leading cause of death for women too.”

“All genders and ethnicities are impacted by cardiovascular disease,” said Michael J. Nesheiwat, MD., Commissioner of Health. “Most people think that the telltale sign of a heart attack is extreme chest pain. But among women, sixty-four percent of who die suddenly of coronary heart disease experience more subtle warning signs, such as shortness of breath, nausea/vomiting and back or jaw pain. Because symptoms vary so much between men and women, the warning signs in women are often misunderstood or not recognized.”

Go Red Day calls attention to these facts and the overarching message is to encourage everyone, men and women, to spread the word and get your numbers checked. A basic annual physical and bloodwork should check your heart rate, blood pressure and cholesterol.

In April, residents will have the opportunity to join the 2020 Putnam Heart Walk, which will also honor Judge Reitz. Walkers can recognize him further by joining the community team called “‘Honoring Our Heart,’ Remembering Judge James F. Reitz.” The event takes place on Sunday, April 26, 2020 at 9 a.m. at Brewster High School. Walking is a heart-healthy exercise and participants can join this community team or create their own. Either way they will be joining with the American Heart Association to create a world of longer, healthier lives free of cardiovascular diseases and stroke by participating, fundraising, volunteering or sponsoring the Heart Walk. To learn more, visit www.PutnamHeartWalk.org and register!

The Health Department’s mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion and health education. For more information, please visit the PCDOH website at www.putnamcountyny.com/health or visit the social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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