



## The Rhythm of the Heart

February is American Heart Month, and it's the perfect time to get to the heart of the matter and learn how to lower your risk for heart disease.

Are you taking care of your heart? When was the last time you scheduled a wellness check with a healthcare provider? Taking control of your health places you in the driver seat when it comes to your wellness journey.

Heart disease can happen at any age. It doesn't just happen to older people. The conditions and behaviors that put people at risk for heart disease are appearing at younger ages.

An estimated 50 percent of all Americans have at least one of three contributing risk factors for heart disease – high blood pressure, high cholesterol and tobacco use. High blood



pressure is a primary contributing risk factor for heart disease, and its prevalence among Blacks is among the highest in the United States. By the age of 55, about 3 out of 4 Black adults develop high blood pressure.

As you get older, changes in the heart and blood vessels occur. These changes may also increase a person's risk of heart disease. For example, as you age, your heartbeat rate decreases during physical activity, or it can't beat as fast in times of stress. The most common age-related change causes increased stiffness of the large arteries, called atherosclerosis, or hardening of the

arteries. This leads to high blood pressure, or hypertension, which becomes more common as you get older.

As you age, it's important for you to regularly check your blood pressure, even if you are healthy. High blood pressure is a silent killer. You may feel fine but, if not treated, high blood pressure increases the risk for stroke, heart disease and problems with your eyes, brain, and kidneys.

While you can't control for race or age, take action steps to be heart-healthy at any age.

Learn more at [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)

### COMMUNITY RESOURCES

#### 100 Black Men Youth Cooking Class

Virtual Youth Cooking Class for ages 5-18, from 6 p.m. to 8 p.m., Wednesday, February 23. The class is free but registration is required. Interested participants should RSVP by 8 p.m., Friday, February 18. <https://www.eventbrite.com/e/virtual-youth-cooking-class-tickets-244128684467?aff=ebdssbdestsearch>.



#### Free Self-Monitoring Blood Pressure Program

Classes are free and begin in February at the Bill and Lillie Heinrich YMCA (4141 Meadows Ln., Las Vegas, NV 89107) and Sky View YMCA (3050 E. Centennial Parkway, North Las Vegas, NV 89081). Spots are limited and registration is open now. The program is available in English and Spanish. For more information, call (702) 832-4901 or email [ledmond@lasvegasyymca.org](mailto:ledmond@lasvegasyymca.org).

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at [harveya@snhd.org](mailto:harveya@snhd.org).