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## February is American Heart Month

February 3, 2020

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PathGroup recognizes the efforts of the American Heart Association and healthcare providers in identifying, diagnosing and managing patients at risk for and impacted by heart disease.

About 650,000 people in the United States die of heart disease every year, making it the leading cause of death in the U.S. The most common risk factors of heart disease are high blood pressure, high cholesterol, and smoking. Nearly 50% of Americans have at least one of these risk factors.<sup>1</sup>

The American Heart Association encourages Americans to understand your risk of heart disease by “knowing your numbers.” To view a checklist of 7 Ways to a Healthier Heart from the American Heart Association, visit [http://www.pathgroup.com/wp-content/uploads/2019/01/PathGroup\\_Healthier-Heart\\_FINAL\\_1.2019.pdf](http://www.pathgroup.com/wp-content/uploads/2019/01/PathGroup_Healthier-Heart_FINAL_1.2019.pdf).

PathGroup offers laboratory tests that allow healthcare providers and patients to better understand their risk of developing heart disease. Contact a PathGroup representative to learn more about our heart health testing options.

<sup>1</sup>Centers for Disease Control and Prevention, Heart Disease Fact, <https://www.cdc.gov/heartdisease/facts.htm>