



NEW YORK STATE SENATOR

Mark Walczyk

Senator Walczyk Wears Red Bow Tie To Raise Awareness For Heart Health

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- [Heart Health](#)



SENATOR WALCZYK WEARS RED BOW TIE TO RAISE AWARENESS FOR HEART HEALTH

Back by popular demand, Senator Mark Walczyk will once again don a bow tie to raise awareness for a specific cause in the 49th Senate District. This Tuesday the 14th, Senator Walczyk has decided to wear a red tie. No, this tie is not symbolized for Valentines day, it's to raise awareness for heart health as February is American Heart Month.

According to the CDC, heart disease is the leading cause of death in the United States for men, women, and people of most ethnic groups. About 805,000 people suffer a heart attack each year with about 1 out of each 5 heart attacks being silent, meaning the damage is done without the person even being aware. While high blood pressure, high blood cholesterol, and smoking are key factors for heart disease, its also important to understand there are other factors such as: Diabetes, obesity, physical inactivity, excessive alcohol use, and more. Understanding warning signs and preventative measures are key steps to take to avoid heart disease.

“President Lyndon B. Johnson, among the millions of people in the country who had heart attacks, issued the first proclamation in 1964. Since then, February has been American Heart Month. The [American Heart Association - New York State](#) is working each day to better the heart health of our residents and the [#BowTieTuesday](#) we're tying to their cause,” said Walczyk.

Stacy Spaziani, Regional Director for the American Heart Association states, “Cardiovascular disease is our number one killer, but we can make a difference. By raising awareness of heart health, how to prevent heart disease, and how to fight it, we can create a healthier community.

Senator Walczyk represents the 49th Senate District of New York State which encompasses either the entirety of part of Jefferson, Lewis St. Lawrence, Oswego, Herkimer, Hamilton, and Fulton counties. Bow Tie Tuesday is a fun initiative by the Senator to raise awareness to important issues and will be released each Tuesday on his website and social media.

