



SENATOR JIM ALESI



Dear Neighbor,

Cardiovascular diseases, including stroke, are our nation's number one killer of both men *and* women. While this [statistic](#) is staggering, many women still have the perception that heart disease is a "man's disease." As you may be aware, February is "American Heart Month." To help kick off American Heart Month, tomorrow, February 3, 2012 has been designated as "[National Wear Red Day](#)."

National Wear Red Day is a day when Americans nationwide are asked to wear red to show their support for [women's heart disease awareness](#), as well as educational and community programs to benefit women. This observance provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie.

Having performed CPR twice in recent years, I am well aware of the need for efforts aimed at increasing the survival rate of cardiac arrest in victims and raising awareness for preventative measures in our communities, either through my annual Family Health and Fitness Fair or through legislation. In the Senate, I am the proud author of a law that requires defibrillators in buildings where more than 1,000 people may assemble, as well as, the sponsor of [legislation](#) that would include cardiopulmonary resuscitation (CPR) training as part of the high school health curriculum. Due to the high percentages of people diagnosed with heart disease each year, learning CPR can provide students - an entire generation of New Yorkers - with the knowledge necessary to save lives.

During American Heart Month, we also recognize the thousands of dedicated health care professionals and researchers, and renew our commitment to improve our own health – and

encourage our friends and families to do the same.

For additional information on National Wear Red Day and American Heart Month, please visit The American Heart Association's [website](#). To learn more about the risk factors and prevention of heart disease, click [here](#).

In acknowledging the importance of the ongoing fight against cardiovascular disease, I hope that you will join me in supporting the fight against heart disease by wearing red tomorrow, February 3, 2012 – “[National Wear Red Day](#).”

Sincerely,

A handwritten signature in blue ink, appearing to read "Jim", is positioned over a faint, light-colored rectangular stamp or watermark.

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