



Sheldon Koenig

Chief Executive Officer



American Heart Month: a reminder to prioritize your heart health

When was the last time you spoke to your health care provider about your heart health?

Over the past several years, our priorities understandably shifted as we've navigated a worldwide pandemic. During this time, preventive health care has fallen by the wayside for many people; however, as vaccinations continue to increase, it's time to re-prioritize our heart health.

Since 1963, February has been celebrated as American Heart Month, a time when our country shines a spotlight on the number one killer of Americans, heart disease. Since 2004, February also has been the signature month for the American Heart Association's *Go Red For Women* campaign, which aims to raise awareness that heart disease remains the leading cause of death among women.¹

According to the CDC, one person dies every 36 seconds in the United States from cardiovascular disease.² It is a growing epidemic that affects men and women of all ages, races and cultural backgrounds and is the cause of one in every four deaths in the U.S.³

Heart disease can be silent; often times there are no symptoms indicating your heart is unhealthy. This is why it's vital to schedule a visit with your health care provider to discuss your family history, lifestyle and the testing you should receive to ensure that you are doing everything you can to protect your heart. Please take this time to encourage your loved ones to do the same.

¹ Persons identified as White, Black, American Indian or Alaska Native, or Asian or Pacific Islander were of non-Hispanic origin. Persons of Hispanic origin may be of any race. For more information on race and Hispanic origin classification please see the Technical Notes section of ["Deaths: Leading Causes for 2017"](#).

² Centers for Disease Control and Prevention. Underlying Cause of Death, 1999–2018. CDC WONDER Online Database. Atlanta, GA: Centers for Disease Control and Prevention; 2018. Accessed March 12, 2020.

³ Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, et al. Heart disease and stroke statistics—2021 update: a report from the American Heart Association. *Circulation*. 2021;143:e254–e743.

If you haven't already, I hope you will join me in observing American Heart Month by scheduling an appointment to learn how you can reduce your risk and keep your heart healthy.

This is an INTERNAL COMMUNICATION and should not be disclosed outside of **Esperion**. The contents are not approved for promotional use

