

**PRESS RELEASE FROM
PRESIDING OFFICER DUWAYNE GREGORY**



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Gregory Goes Red for Women's Heart Health



Suffolk County Legislature Presiding Officer DuWayne Gregory wore a red tie Feb. 5 in recognition of National Wear Red Day, a campaign by the American Heart Association to raise awareness about women's heart health. Several legislators and many members of the Legislature's staff participated in the event.

HAUPPAUGE, N.Y. – Suffolk County Legislature Presiding Officer DuWayne Gregory today led a Legislature-wide celebration of the American Heart Association’s National Wear Red Day, a campaign to raise awareness about women’s heart health.

“Every 80 seconds, a woman loses her life to heart disease, yet 80 percent of cardiac and stroke events are preventable,” said Presiding Officer Gregory. “I commend the American Heart Association for drawing attention to this important issue, and I encourage all Long Island women to educate themselves about specific actions that can decrease their risk of experiencing a heart attack or stroke.”

The American Heart Association recommends the following “[Life’s Simple 7](#)” steps to help decrease the risk of heart disease.

1. Get active! Engage in at least 30 minutes of moderate physical activity five times per week.
2. Track and control cholesterol levels.
3. Maintain a healthy diet that includes plenty of fruits and vegetables.
4. Manage your blood pressure.
5. Maintain a healthy weight. Calculate your body mass index (BMI) to help you determine if you need to lose weight.
6. Reduce blood sugar. Avoid soda, candy and desserts containing large quantities of sugar.
7. Stop smoking.

For more information on how to prevent heart disease, visit the American Heart Association’s website at www.heart.org.

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