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# Heart health: Wear Red Day 2021

## BY THE AMERICAN HEART ASSOCIATION

As American Heart Month kicks off, women are urged to live fierce in their pursuit of heart health.

Despite the devastating toll of COVID-19, heart disease remains the No. 1 cause of death in the U.S. and worldwide, and the leading cause of death among women. One in three women die of heart disease. One is too many.

As part of American Heart Month in February, on National Wear Red Day (Friday, Feb. 5), the American Heart Association is urging everyone to wear red to raise awareness about the devastating effects of heart disease in women.

Heart disease and stroke can affect a woman at any age. In fact, nearly 45% of women age 20 and older are living with some form of heart disease. However, new data suggests Gen Z and millennial women are less likely to be aware that heart disease is their greatest health threat.

Women can often have different symptoms of heart disease than men. They can have crush-

American Heart Association



ing chest pain and arm numbness, but can also have pain in the shoulders and back, gastrointestinal distress and fatigue.

Throughout the Buffalo Region and across the nation, people will be wearing red on Wear Red Day. The Niagara Falls Illumination Board will illuminate red on Friday, Feb. 5, to raise awareness, along with Benderson Development. If you choose to go to the park or see any red buildings, please follow all public health guidelines.

People will also donate at [www.GoRedforWomen.org](http://www.GoRedforWomen.org), where information about going red is also available. People wearing red can share photos of themselves on their social media sites, with the hashtag #GoRed or #WearRedDay. Tag the American Heart Association with @AHANewYork on Facebook, Instagram, and Twitter.

Other National Wear Red Day activities include:

- Feb. 5, Noon – Virtual Coffee with a Doc: This Circle of Red event will feature cardiologist and Go Red for Women Circle of Red Chairwoman Dr. JoAnne Cobler of Buffalo Medical Group addressing women's heart health and the impact of COVID-19. Register online.

- Feb. 5, 6 p.m. – AKA Pink Goes Red Managing Stress During the Pandemic: Alpha Kappa Alpha Sorority Inc. Gamma Phi Omega Chapter and its community partners hosts this virtual webinar featuring Emily Battaglia, M.D., FACC, of Sisters Hospital Cardiology Center discussing self-care and stress management. Register online.

Other digital American Heart Month activities include:

- √ Feb. 8, noon – House Calls: Real Docs, Real Talk – CHD Focus

- √ Feb. 15, noon – House Calls: Real Docs, Real Talk – Maternal Health Focus

- √ Feb. 22, 4:30 p.m. – Research Goes Red Live

- √ Feb. 25 – Black Women and Well-being Roundtable: Link to come

For information about Wear Red Day, email [Michelle.Mason@heart.org](mailto:Michelle.Mason@heart.org) or visit [GoRedforWomen.org](http://GoRedforWomen.org).

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit [heart.org](http://heart.org) or call any of our offices around the country. Follow us on Facebook and Twitter.

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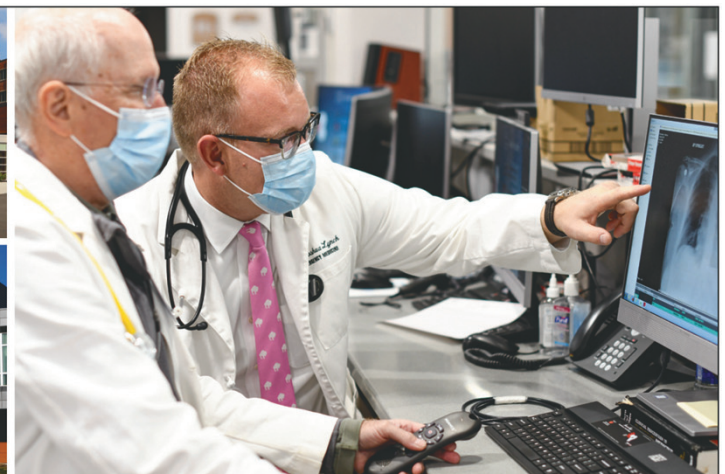
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