



February *2020*

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4	5	6	7  WEAR RED	8
9	10	11	12	13	14 Valentines Day 	15
16	17	18	19	20	21 BHH IS 1:30pm-3:00pm	22
23	24	25	26	27	28	29

Myth:

Heart Disease Is For Old People

Fact: Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart Disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life.

Even if you lead a completely [healthy lifestyle](#), being born with an underlying heart condition can be a risk factor.

<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/common-myths-about-heart-disease>

CONNECTICUT BEHAVIORAL HEALTH HOMES

Call BHH Toll Free 1-844-551-2736

www.ctintegratedcare.com

Community Resources

[25 Ways To Take Part In Heart Month](#)

[American Heart Month Events/Info](#)

[Heart Safe Program FAQs/](#)

[Heart Safe Application](#)

[DPH Heart Disease Info](#)

[CT Heart Group](#)

[2020 Heart Walk](#)

Online Resources

[Women and Heart Disease](#)

[The Cause of Heart Disease Mayo Clinic](#)

[African-American Women Stroke Information](#)

[Keep Your Heart Healthy](#)

[Heart Health Conversation Starters](#)

Toolkits

[BMI Calculator](#)

[Be Active Your Way Widget](#)

[NHL BI Daily Food and Activity Diary](#)

[How Old is Your Heart Video](#)

[Personal Heart Health Stories - videos](#)

BHH Services

Comprehensive Care Management— Assess for risks of heart health. Plans of care should include discussion regarding these risks and include appropriate goals if the client wants to address.

Care Coordination— Support clients with finding a specialist to work with. Work with specialists to ensure clients understand and receive needed treatment.

Health Promotion— Educate clients on heart health and importance of risks to monitor.

Comprehensive Transitional Care— If a client is experiencing issues with their heart and is deemed in need of hospitalization, get involved in discharge planning with hospital and assist client with after-care and rehabilitation services if needed.

Patient and Family Support— Provide clients and their families with information needed for seeking out local support groups or counseling that offer individual and or family health support.

Referral to Community Support Services— Find support groups, events, or community organizations that can help clients who are living with heart disease, supporting a loved one with heart disease, or has lost someone to heart disease.

