

Cardiovascular Disease

Heart disease is the leading cause of death in the United States. Strokes are the third leading cause of death. Together they are responsible for 40% of all deaths. That results in a staggering number of deaths which amount to one death every 33 seconds.

Many people do not know the warning signs of these diseases. More importantly, they do not know how to prevent a stroke or heart attack. Take time to click on the following links to learn about the nation's leading killers. It might make the difference in life or death to you or your family member.

- Heart Attack
- Strokes
- Go Red for Women

CPR Anytime

CPR Anytime is a program that allows families and friends to learn CPR in their own homes. For information of this program, go to the American Heart Association website www.heart.org/presenter.jhtml?identifier=3033740