



# Cochise County Health and Social Services

Public Programs...Personal Service  
www.cochise.az.gov

MARY GOMEZ, BSN, MN  
Director

\*\*\* MEDIA RELEASE \*\*\*

**Contacts:** **Mary Gomez**  
**Director**  
**Email:** [mgomez@cochise.az.gov](mailto:mgomez@cochise.az.gov)  
**Phone:** 520-432-9404

**Ray Falkenberg**  
**Public Information Officer**  
**Email:** [rfalkenberg@cochise.az.gov](mailto:rfalkenberg@cochise.az.gov)  
**Phone:** 520-432-9414

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**FOR IMMEDIATE RELEASE: February is Heart Health Month**

February is not just a time for filling hearts with love, but it is also Heart Health Month, a time when everyone can focus on improving and maintaining the overall health of their hearts. Heart disease is the leading cause of death in America, accounting for over 600,000 deaths annually in the U.S. Heart disease and strokes together cause 1 in 3 deaths, which amount to an average of 2,200 every single day nationwide. Survivors of heart attacks and stroke may continue to suffer afterwards due to lasting damage and reduced quality of life. The annual cost of heart disease in America is \$315.4 billion in direct and indirect costs. The good news is that heart disease and strokes are preventable.

Cochise Health and Social Services has partnered with the Million Hearts Campaign to help Cochise County residents improve their heart health. Million Hearts (<http://millionhearts.hhs.gov>) was started in 2011 by the U.S. Department of Health and Human Services. In affiliation with the Centers for Disease Control and Prevention, medical professionals, and many other health service organizations, they are working toward a common goal of preventing one million heart attacks and strokes by 2017.

Million Hearts focuses on four small but key components to help reduce the risks for heart disease. These are called the **ABC's** of heart health. **A**spirin for those who need it: Take Aspirin as directed by a doctor to reduce cardiovascular risk and in the event of an emergency. **B**lood pressure control: Blood pressure is measured by the force of blood pushing against the wall of the arteries. Too much force can cause serious damage. **C**holesterol management: Cholesterol is a waxy substance that can build up in the arteries, and over time may even completely block blood's pathway to the heart. **S**moking cessation: Smoking raises blood pressure and is one of the leading causes of heart disease.

In addition to Million Hearts, Cochise Health and Social Services supports several other health promotions. ASHLine is the Arizona Smokers Helpline, which is a state-funded tobacco cessation program provided to

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**Bisbee - Main Office**  
1415 Melody Lane, Building A  
Bisbee, Arizona 85603  
520-432-9400  
520-432-9480 fax  
health@cochise.az.gov

**Benson**  
126 West 5th Street  
Benson, Arizona 85602  
520-586-8200  
520-586-2051 fax

**Douglas**  
1012 North G Avenue  
Suite 101  
Douglas, Arizona 85607  
520-805-5600  
520-364-5453 fax

**Sierra Vista**  
4115 East Foothills Drive  
Sierra Vista, Arizona 85635  
520-803-3900  
520-459-8195 fax

**Willcox**  
450 South Haskell Avenue  
Willcox, Arizona 85643  
520-384-7100  
520-384-0309 fax

all Arizona residents. Referrals to ASHLine are available through Cochise Health and Social Services and from many health professionals in the area. Once enrolled, participants receive free phone counseling with a dedicated “Quit Coach”, as well as quit-tobacco medication assistance. For more information on Million Hearts and ASHLine, contact Hillary Kolano at [hkolano@cochise.az.gov](mailto:hkolano@cochise.az.gov).

For those who are currently suffering from a chronic disease or caring for someone who is, Cochise Health and Social Services offers the Healthy Living Workshop that teaches the skills needed to manage an ongoing health condition. The workshop is a series of six weekly two-hour interactive meetings. For employers looking to improve the overall health of their employees, there is the Healthy Arizona Worksites Program. This is a statewide public health initiative to help employers design comprehensive worksite wellness programs. To participate in the Health Living Workshop or for more information about the Healthy Arizona Worksites Program, please contact Roza Vickers at [rvickers@cochise.az.gov](mailto:rvickers@cochise.az.gov).

<b>About Cochise Health and Social Services</b>
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On behalf of the Board of Supervisors, Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through community partnerships, education, services, and leadership. For more information, please visit our website at: <https://www.cochise.az.gov/health-and-social-services/home>.

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