

SRMC'S HEART HEALTH MONTH

**Every Heart
Deserves To
Be Seen, Heard,
and Celebrated**

Wear Red Day

Cardiovascular (CVD) Disease Facts

- National Wear Red Day - February 6, 2026.
- CVD affects the heart and blood vessels. This can lead to stroke, heart attack, and heart arrhythmias.
- CVD is the leading cause of death globally.
- CVD remains the #1 killer of women, causing 1 in 3 deaths each year. That's a third of our mothers, sisters, friends, neighbors and co-workers.

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