



# Florence County Health Department

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## NEWS RELEASE

5/1/2022

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### Heart Disease Prevention

[Florence, WI] –

Heart disease is the leading cause of death in Wisconsin. It refers to issues that create problems with heart function and the blood flow to it. The first step in making any lifestyle changes involves talking to your health care provider. Almost half the adults in the United States have high blood pressure which contributes to heart disease.

Use these simple steps for heart health and wellness: Measuring your blood pressure at home is a great way to stay updated. To learn more about healthy and unhealthy blood pressure ranges, visit the American Heart Association website. Control your cholesterol as it is a major controllable risk factor in heart disease. Understand your blood sugar levels as high levels can lead to type 2 diabetes and heart disease. Get active and eat better to maintain a healthy weight. Finally, don't smoke or vape, or get the help you need to quit. Call 800-QUIT-NOW (800-784-8669) to get free access to coaching and medication to help you quit.

Most heart disease can be prevented. The National Heart, Lung and Blood Institute encourages that, “When we take care of #OurHearts as part of self-care, we set an example for those around us to do the same”. #Our Hearts is an initiative to encourage people across the United States to join with friends and friends for resources on being heart healthy. See the National Institute of Health website for more inspiration and tips.

Florence County Health Department can be reached at 715-528-4837. Visit our website at <http://www.florencecountywi.com/> for more information on programming. The health department is located on the second floor, 501 Lake Avenue in the Florence County Courthouse, open Monday through Thursday from 8:15 a.m. - 4 p.m. open during lunch time and by appointment after hours. Need health insurance? Visit [access.wi.gov](http://access.wi.gov) to see if you qualify for benefits.

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