TO: **All Faculty, Staff, Trainees, and Students**

FROM: **Beth Oliver, DNP, RN**
Chief Nurse Executive
Senior Vice President
Mount Sinai Health System

February 4 , 2021

Wear Red for Heart Health on Friday

This Friday, February 5, we invite Mount Sinai employees to wear red to raise awareness of heart disease in women. Each year, the Mount Sinai Health System, in partnership with the American Heart Association and many others in our community, "Go Red for Women" on the first Friday of February, which is also American Heart Month.

Heart disease is the number one cause of death for women in America, though heart disease research and education efforts were primarily focused on men in the past. In addition, nearly half of adults in the United States—more than 121 million people—have some type of cardiovascular disease. Those who contract COVID-19 with an underlying condition such as heart disease are 12 times more likely to be hospitalized. For these reasons, we must continue to empower our community take charge of heart health.

In previous years, Mount Sinai hospitals hosted "Go Red" health fairs to provide education on how members of our community can take to prevent

heart disease. In light of COVID-19, we are offering virtual events instead. I hope you will participate.

- "**A Heart to Heart, From Women of the Heart" Webinar featuring Mount Sinai Heart leaders:** Friday, February 5 at 11 am, click here to register in advance
- **Tag us in your photos wearing red** using #MSHSGoRed and #WearRedDay, and we will share across Mount Sinai Health System social media channels
- **Follow Mount Sinai social media channels** for more heart health tips and events in honor of Heart Month