



## TYLER COUNTY COMMISSIONERS COURT

County Courthouse, Room 101 / Woodville, Texas

MARTIN NASH  
Commissioner, Pct. 1

STEVAN STURROCK  
Commissioner, Pct. 2

JACQUES L. BLANCHETTE  
County Judge

MIKE MARSHALL  
Commissioner, Pct. 3

BUCK HUDSON  
Commissioner, Pct. 4

### **2019 PROCLAMATION DECLARING FEBRUARY AS HEART HEALTH MONTH IN TYLER COUNTY**

More than 600,000 Americans die of heart disease each year, making it the leading cause of death for both men and women in the United States. In addition to remembering our lost loved ones, American Heart Month is a time to raise awareness about the risk factors, warning signs, and symptoms associated with this killer disease. This February, we renew our commitment to the battle against cardiovascular disease. With the help of our Nation's leading medical professionals and appropriate preventative measures, we hope for a future where heart disease no longer claims the lives of so many American men and women.

Thanks to ongoing advancements, medical procedures to treat heart conditions are now more precise and less invasive, recoveries are faster, and complications are fewer. We also now better understand conditions that increase the risk of heart disease among older adults—such as high blood pressure, high cholesterol, and type 2 diabetes—and more effective therapies and medications to prevent and treat them. And, we are better able to identify warning signs at an early stage.

Even with these encouraging developments, nearly half of all Americans between ages 45 and 65 have heart disease or a related condition. The risk of heart disease increases with age, so for most people, prevention is the best deterrent. People should also understand that they may be subject to unique risk factors, often based on family history, which may require them to take appropriate, targeted preventative measures. Whatever risk factors they may face, there are many steps people can take to make coronary disease less likely. The most effective are eating a healthy diet, staying physically active, maintaining a healthy body weight, controlling blood pressure and cholesterol, and not smoking.

During our observance of American Heart Month, we remember those we have lost to heart attacks and other cardiovascular diseases. We honor healthcare providers and medical researchers who strive to advance both the treatment and prevention of this epidemic. And we encourage all Americans to commit to taking charge of their heart health, this month and every month.

**BE IT KNOWN that on this 25th day of February, 2019, the Commissioners Court of Tyler County hereby declares the month of February to be Heart Health Month in Tyler County, and residents are urged to express their appreciation for the people, facilities and technologies at Tyler County Hospital District responsible for the outstanding health care services in our community.**

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Martin Nash, Commissioner, Pct. 1

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Stevan Sturrock, Commissioner, Pct. 2

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Mike Marshall, Commissioner, Pct. 3

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Buck Hudson, Commissioner, Pct. 4

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Jacques L. Blanchette, County Judge

ATTEST: \_\_\_\_\_  
Donece Gregory, County Clerk