

PUBLIC SERVICE ANNOUNCEMENT

For release during February 2026

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SUBJECT: FEBRUARY IS AMERICAN HEART MONTH

Time: 60 seconds

February is American Heart Month.

Heart disease is a leading cause of death in the United States.

High blood pressure, high cholesterol, smoking, diabetes, obesity, and lack of exercise can increase your risk for heart disease. Men over 45 and post-menopausal women have a higher risk of coronary artery disease or C-A-D. Black and Hispanic adults of all ages are at increased risk.

C-A-D is the most common form of heart disease and a major cause of heart attack. C-A-D occurs when plaque builds up along the walls of the heart's arteries, causing them to narrow and limit blood flow.

Your doctor can use calcium scoring with cardiac C-T to identify the presence, location, and extent of plaque buildup.

Ask your doctor if you're at risk for coronary artery disease and find out if cardiac screening is right for you.

For more information, visit Radiology-Info-dot-org.

This health reminder is from the Radiological Society of North America.

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