Keep the Chorus Singing!

Let’s keep our hearts in harmony, through healthy living!

On January 27th, 2010, the first official “Keep the Chorus Singing” health session took place!

We want to thank you for welcoming us and want to congratulate you on taking the first steps to keeping your hearts in harmony!

We hope that our health screening—where we measured your blood pressure, weight and waist size—has not only helped you “know your numbers”, but also motivated you to continue following the path to healthy living.

As a group, we feel that it is important to work together towards the same goal and we are sure that as leaders of the church, your friends and family will want to do the same!

Remember, we are in this together with you!

“Keep track of YOUR numbers!”

During each of the Heart Health talks that we have planned, you will have the option of getting your blood pressure, weight and waist size measured.

We have designed a personal Heart Health card for each of you where you can write down your individual numbers during each session.

Keep it in your purse or wallet and remind each other about the importance of keeping track of your numbers! As a group, you can support and encourage each other to lower your numbers and risk factors!
Stroke: What you need to know.

A stroke affects the blood vessels that supply blood and oxygen to the brain.

There are two main types, an ischemic stroke, caused by a blood clot and a hemorrhagic stroke, caused by bleeding from a blood vessel.

The most common type of stroke is an ischemic stroke.

Having a stroke can cause paralysis and weakness.

Certain conditions like high blood pressure, high cholesterol, and heart disease puts you at increased risk of stroke.

Age and family history also affect risk— the older you are the higher the risk.

The good news is that there are many risk factors you can control and knowing your numbers is the first step!

Keep arteries healthy by lowering total cholesterol, controlling blood pressure and maintaining normal blood sugar— become more physically active and quit smoking.

These are just some of the lifestyle changes you can make for stroke prevention!

Do you know the warning signs?

Stroke – there’s treatment if you act FAST.


*Picture created by the New York State Department of Health*

Source: http://www.health.state.ny.us/diseases/cardiovascular/stroke/

"Keep the Chorus Singing" is a collaboration between Columbia University Medical Center and the New York Academy of Medicine (NYAM).

Contact us at (212) 305-6154 or NYAM (212) 419-3578.