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| Heart Month: Minister Shandro February 05, 2020 [Media inquiries](#media-contacts)  Minister of Health Tyler Shandro issued the following statement on Heart Month:  “February is Heart Month, when we raise awareness of the importance of maintaining and improving heart health – something we can all do for ourselves and for our communities.  “Heart disease is the leading cause of premature death for women in Canada and the second highest cause of death overall.  “My ministry is working with Alberta Health Services on an assessment of initiatives that show great promise to reduce the risk for Albertans. This work will identify the most effective community programs for early detection, treatment and control of heart disease, and allow reinvestment in the most effective activities.  “We’re building on a long record of leadership in cardiac care. Our clinicians and treatment are second to none – they’re trusted by patients and families and a source of pride for all Albertans.  “We can all do our part to help reduce the devastating impacts of heart disease. Know your risks and reduce them by maintaining a healthy weight, making healthy food choices, staying active, living smoke-free, minimizing alcohol consumption, and getting advice and help when you need it.  “This Heart Month, I encourage all Albertans to take time to learn about your heart disease risk factors and what steps you can take to decrease them. And take a minute to find out more from the [Heart and Stroke Foundation](https://www.heartandstroke.ca/heart).” Media inquiries[Steve Buick](mailto:Steve.Buick@gov.ab.ca)  780-288-1735 Press Secretary, Health |
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