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## First Lady Mary Pat Christie Announces Drumthwacket to Go Red for National Wear Red Day

Thursday, February 2, 2012 • Tags: [Other](#)

**Trenton, NJ** – In recognition of National Wear Red Day on February 3, First Lady Mary Pat Christie announced today that Drumthwacket, the Governor's official residence, will be illuminated in red Friday evening and for the entire month of February to help bring greater awareness to the growing issue of heart disease in women. While heart disease and heart attacks are usually associated with men, the fact is more women die of cardiovascular disease than from the four other major causes of death combined, including all forms of cancer.

"National Wear Red Day is an opportunity to empower, inform and protect the heart health of our mothers, daughters, friends and acquaintances," said First Lady Mary Pat Christie. "Heart disease claims the life of one woman every minute. That's why it's so critical to shine a light on this issue so that every woman can identify cardiovascular risk factors, take action to improve overall heart health and save lives."

Heart attacks occur when the blood flow to a part of the heart is blocked, usually by a blood clot; stroke and TIA (transient ischemic attack) occurs when a blood vessel feeding the brain gets clogged or bursts.

According to the American Heart Association, less than 50 percent of all women are aware of what are considered healthy levels for cardiovascular risk factors like blood pressure and cholesterol. In addition, 80 percent of cardiac events in women could be prevented if women made the right health choices for their hearts.

"The Go Red for Women campaign helps raise awareness so that women can make vital lifestyle changes that lead to longer, healthier lives," added Health Commissioner Mary E. O'Dowd. "Heart disease can affect women at any age, so

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it is important that women take steps, like maintaining a healthy weight, getting regular exercise and avoiding tobacco use to keep their heart healthy.”

American Heart Association Facts:

- Cardiovascular disease (CVD) kills 480,000 women a year
- Coronary heart disease is the No. 1 single killer of women over age 25
- Sixty-four percent of women who died suddenly of coronary heart disease had no previous symptoms
- Stroke is the No. 3 cause of death for American women, and is a leading cause of serious, long-term disability

For more information on how to take action against heart disease, go to [www.goredforwomen.org](http://www.goredforwomen.org)

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