



Christmas Holidays – the most wonderful time of the year for many of us. Yes, it's a season for family gatherings, festivity, and fun. A time to see the beauty in everything and everyone; filled with anticipation and expectation for a new year.

Unfortunately, the Christmas holidays are often the most stressful time of the year resulting in a season of tragedy and death.

Routines are disrupted; many tend to eat and drink more and exercise and relax less.

We also tend to get too little sleep, experience too much stress, and pay less attention to our bodies ignoring warning signs. According to scientific research published in *Circulation*, a Journal of the American Heart Association, more people die from heart attacks on December 25th than any other day of the year. The second largest number of cardiac deaths occurs on December 26th, and the third largest number occurs on New Year.



FAST FACTS *about the burden of the disease in South Carolina*

- Heart disease was the leading cause of death in SC for 2020, resulting in the death of 11,386 South Carolinians.
- Heart disease also accounted for 75,886 hospitalizations during 2020, with total hospitalization charges of more than \$6.8 billion.
- Physical inactivity is estimated as being a cause of 30% of ischaemic heart disease.
- Half of adults in SC do not get the recommended amount of physical activity.
- Sedentary lifestyle is more common among women than men in South Carolina.



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WHAT YOU CAN DO *to change the picture*



Know Symptoms and Act: Heart attack signs vary in men and women. It is important to recognize signs early and call 9-1-1 for help. The sooner medical treatment begins, the better the chances of survival and preventing heart disease.



Celebrate In Moderation: Eat smart and look for small, healthy changes and swaps that will continue to make you feel your best while eating and drinking in moderation. Don't forget to watch your salt intake.



Plan for Peace on Earth and Goodwill Toward Yourself: Make time to take care of yourself. Reduce the stress from family interactions, strained finances, hectic schedules, and other stressors prevalent during this time of the year, including traveling.



Keep Moving: The American Heart Association recommends at least 150 minutes of physical activity per week. Be creative in ways to stay active. Go for a family walk or incorporate another fun activity with your friends and loved ones.



Remember Your Medications: Busy holidays sometimes cause us to skip medications, forget them when away from home or not get refills in a timely manner. Be sure to stay abreast of blood pressure numbers. Keep all medicine stored away from children and dispose of your medications properly.



Don't Use Tobacco: If you smoke, there's support available to help you quit. Call 1-800-QUIT-NOW or download the quitSTART App or visit CDC.gov/quit.

QUIT TOBACCO

FREE nicotine patches, gum, or lozenges are available to eligible South Carolinians who enroll in Quitline services.

OPEN 24 HOURS A DAY / 7 DAYS A WEEK.

Services Include:

Free one-on-one coaching (phone or web-based counseling and support) to quit smoking and a personalized quit plan.



Hold Out the Lifeline: A Mission To Families

Each One Can Reach One

803-461-3201 www.hotlifeline.org @hotlifeline

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