**February is National Heart Month**

**Tip of the Month from Your Health & Wellness Committee**

Heart palpitations, or a feeling like your heart is fluttering is not a symptom to be ignored, even if it lasts seconds. Although usually nothing to worry about, it could represent a more worrisome diagnosis such as atrial fibrillation. Atrial fibrillation develops with advancing age, and is not uncommon affecting 1 in 5 individuals over 80 years old.

Unidentified atrial fibrillation is a risk factor for stroke, so be sure to seek medical attention for palpitations, especially if two or more of the following apply to you -

         **A history of high blood pressure, diabetes or stroke.**

         **You're a woman or older than 65.**

         **You've been diagnosed with heart disease or peripheral arterial disease (blocked arteries in your legs).**

*Courtesy of Dr. Gopi Manthripragada, UCLA Cardiologist – Redondo Beach, 514 N. Prospect*

UCLA Health, Providence Little Company of Mary Medical Centers and Torrance Memorial Medical Center are each offering FREE events to help you keep your heart healthy.  Visit our Health and Wellness Page on the Chamber website for event information:  [chamber.visitredondo.com/health--wellness-events.html](http://chamber.visitredondo.com/health--wellness-events.html)