





HEART HEALTH

Just like the medicine wheel and seasons, your čhaŋté/gide'/heart has four chambers that work in a circular way.

Just like the drum, your čhaŋté/gide'/heart carries a rhythm. This rhythm is sustained by the earth, ancestors, loved ones, and ourselves. Balancing and protecting our heart is vital to our health.

čhaŋté - Lakota word for heart
gide' - Ojibwe word for your heart





IN MINNESOTA,
Cardiovascular Disease (CVD) is the leading cause of death for Native people, with cancer as the second. Indigenous people are nearly 50% more likely to die from heart disease compared to non-Hispanic white people, with the greatest disparity for adults who are younger than 55 years old. Many Indigenous relatives also have a higher prevalence of high blood pressure.



SagePlus is a heart health add-on to the Sage Breast and Cervical Cancer Screening Program. Through this program women- ages 35-64 - can get screened for heart disease risk factors like high blood pressure, blood sugar, cholesterol, and more. These factors can also contribute to cancer risk.

Find out more by calling
1-888-643-2584 or emailing
health.sage@state.mn.us.

