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**COUNTY OF DELAWARE**  
**GOVERNMENT CENTER BUILDING**  
201 W. FRONT STREET  
MEDIA, PENNSYLVANIA

610-891-4931  
FAX NUMBER 610-891-8055  
E-MAIL: [delcopr@co.delaware.pa.us](mailto:delcopr@co.delaware.pa.us)

Department of Public Relations  
Emily H. Harris, Director

## **County Council addresses Matters of the Heart**

During February, which is American Heart Month, Delaware County Council and all county employees are putting a special emphasis on heart disease which is known as the silent killer because it often strikes without noticeable symptoms.

At the Jan. 31 meeting, County Council presented resolutions recognizing health providers and individuals who are advocating for heart health education, awareness and medical research.

County Council Vice Chair Colleen Morrone noted that the county's Intercommunity Health Department and Wellness Program are offering free blood pressure screenings and educational materials in the Government Center lobby until noon.

"County employees and members of the public are invited to get their blood pressure taken, to learn about risk factors, the importance of diet and exercise, and the signs of stroke and heart attack," said Vice Chair Morrone.

The American Heart Association has been leading the fight against this number one killer through education, awareness and medical research. The first American Heart Month began in 1964. Then, in 2003, Wear Red Day was launched to raise awareness among women. Sadly, heart disease claims the lives of nearly 500,000 American women each year.

"The red dress has become the symbol of the battle against heart disease in women. National Wear Red Day is the first Friday of every February and we encourage everyone to wear red in a show of solidarity against cardiac disease on Friday, Feb. 2 here in Delaware County," said Vice Chair Morrone.

Council presented a resolution to Christina Zullo, of Aston Township, who is a cardiology patient at Mainline Health. By profession, Christina is a Marriage and Family Therapist who is also a volunteer with the Delaware County Medical Reserve Corps (MRC).

"Ms. Zullo is one of the women who paid attention to her symptoms, she sought treatment and underwent surgery and another procedure and is now doing well. She is here today to briefly share her story as a cautionary tale to let women know that they cannot ignore their symptoms," Morrone said. "We thank her for her service and her willingness to help others recognize the signs and symptoms of heart disease by being here with us today."