FSP | The Family Security Plan®

Heart disease remains one of the leading causes of death in the U.S., and Black Americans are disproportionately affected. Let's honor the pioneers who advanced cardiac care and the everyday heroes in our community who protect their families by prioritizing health and preparedness.

Why Heart Health Matters in the Black Community

Heart Health Statistics

- According to the CDC, Black Americans face a higher risk due to several factors, including barriers to accessing healthcare, a greater likelihood of hypertension, and the impact of social determinants of health.[1]
- Higher rates of high blood pressure, stroke and heart failure
- Social determinants like access to care, stress, and chronic conditions play a major role

Understanding your risk is one of the first steps in protecting your family's future.

Modern-Day Heroes — Protecting Families Today

Today's heroes aren't only surgeons and scientists—they're parents, caregivers, and providers who:

- Schedule regular checkups
- Manage chronic conditions
- Prepare for the unexpected

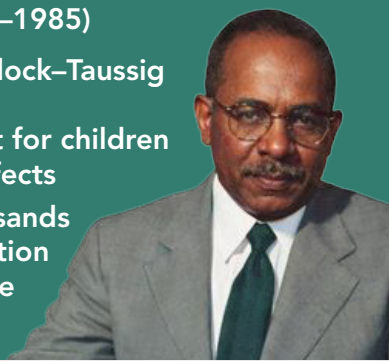
Heart disease can affect a family's financial stability just as much as physical health. Planning ahead helps ensure loved ones are protected if illness or recovery time interrupts income or creates unexpected expenses.

Black Cardiac Pioneers Who Changed History

Vivien Thomas (1910–1985)

- Key developer of the Blalock–Taussig shunt
- Revolutionized treatment for children with congenital heart defects

Thomas's work saved thousands of lives—proof that innovation and preparation can change outcomes for generations.



Daniel Hale Williams (1858–1931)

- Performed one of the first successful heart surgeries in 1893
- Founded Provident Hospital, one of the first non-segregated hospitals in the U.S.

Williams believed healthcare should be accessible to everyone—today, honoring his legacy means taking proactive steps to care for ourselves and our families.

Myra A. Logan (1902–1976)

- First woman to perform open-heart surgery
- Trailblazer for women and Black physicians in medicine

Dr. Logan's courage reminds us that protecting families sometimes means breaking barriers and planning ahead.

Simple Heart-Healthy Actions

- Know your blood pressure and cholesterol numbers
- Eat heart-healthy foods rooted in cultural traditions
- Stay active—even small movement counts
- Manage stress and prioritize rest
- Review your family protection plan regularly

This Heart Health Month, honor the pioneers who came before us and become a hero for your own family by protecting both your health and your future.

CALL TODAY! (855) 789-4976

[1] Heart Disease Facts | Heart Disease | CDC