

Father's Day and Men's Health Month are reminders to take care of your heart

Harbin Clinic cardiologist notes that men often ignore important cardiovascular symptoms

CEDARTOWN, Ga., June 9, 2026 — As families prepare to celebrate Father's Day this June and medical experts observe Men's Health Month, specialists at Atrium Health Floyd Harbin Clinic are urging men to pay closer attention to their heart health.

"Observations like Father's Day and Men's Health Month give men, who often delay care or ignore risk factors, the motivation to take better care of themselves," said Harbin Clinic cardiologist Dr. Godly Jack. "Early action can make a significant difference in long-term health outcomes, especially cardiovascular disease."

Dr. Jack sees patients at Harbin Clinic Cardiology Cartersville, 150 Gentilly Blvd.

Heart disease remains one of the most serious health concerns nationwide and frequently develops without noticeable symptoms.

"One of the biggest challenges with heart disease is that it can progress quietly for years," Dr. Jack said. "By the time symptoms appear, the condition may already be advanced, which is why routine screenings are critical—even for men who feel healthy."

Understanding Coronary Artery Disease

At the center of many cardiovascular conditions is coronary artery disease (CAD), the most common form of heart disease. CAD occurs when plaque builds up in the arteries, reducing blood flow to the heart.

"As plaque accumulates in the arteries, it gradually limits the amount of blood reaching the heart muscle," the cardiologist explained. "In many cases, patients don't realize anything is wrong until they experience chest discomfort or, in more severe cases, a heart attack."

If left untreated, CAD can have lasting effects.

"Over time, reduced blood flow can weaken the heart and impact its ability to function properly," he said. "That can ultimately lead to heart failure if the underlying cause isn't addressed."

Heart failure develops when the heart can no longer pump blood efficiently, often as a result of conditions such as CAD or high blood pressure.

The Role of High Blood Pressure

High blood pressure, or hypertension, is one of the most common and significant contributors to heart disease—particularly among men. Nearly half of U.S. adults have hypertension, and many are unaware of it.

"High blood pressure is especially concerning because it frequently doesn't cause symptoms," said Dr. Jack. "At the same time, it's placing extra strain on the heart and blood vessels, which can accelerate the development of serious conditions like coronary artery disease."

More than half of American men either have high blood pressure or are taking medication to manage it, reinforcing the need for consistent monitoring and care.

Recognizing Risk Factors and Warning Signs

Multiple lifestyle and medical factors can increase the risk of CAD and heart failure, including:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Obesity
- Physical inactivity

“These risk factors tend to build on one another,” Dr. Jack said. “When several are present, the likelihood of developing heart disease rises significantly.”

Although heart disease can remain silent, symptoms may emerge as conditions worsen. Warning signs include:

- Chest pain or pressure
- Shortness of breath
- Fatigue
- Swelling in the legs or ankles
- Pain that radiates to the arm, neck, or jaw

“Any of these symptoms should be taken seriously and evaluated promptly,” the cardiologist emphasized. “Getting care quickly can preserve heart function and, in many cases, prevent life-threatening complications.”

Patients with these symptoms should seek immediate care at the nearest emergency department. And, if you are under the care of a cardiologist, now is a great time to schedule a visit.

About Atrium Health Floyd

The [Atrium Health Floyd](#) family of health care services is a leading medical provider and economic force in northwest Georgia and northeast Alabama. Atrium Health Floyd is part of Charlotte, North Carolina based [Advocate Health](#), the third-largest nonprofit health system in the United States. Atrium Health Floyd strategically combined with Harbin Clinic in 2024 and employs more than 5,200 teammates who provide care in over 40 medical specialties at four facilities: Atrium Health Floyd Medical Center, a 361-bed full-service, acute care hospital and regional referral center in Rome, Georgia; Atrium Health Floyd Polk Medical Center in Cedartown, Georgia; Atrium Health Floyd Cherokee Medical Center in Centre, Alabama; and Atrium Health Floyd Medical Center Behavioral Health, also in Rome. Committed to redefining care for all, Atrium Health Floyd and Harbin Clinic provide primary care, specialty care and urgent care throughout northwest Georgia and northeast Alabama. Atrium Health Floyd also operates a stand-alone emergency department in Chattooga County, the first such facility to be built from the ground-up in Georgia.

About Advocate Health

[Advocate Health](#) is the third-largest nonprofit, integrated health system in the United States, created from the combination of Advocate Aurora Health and Atrium Health. Providing care under the names [Advocate Health Care](#) in Illinois; [Atrium Health](#) in the Carolinas, Georgia and Alabama; and [Aurora Health Care](#) in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies, with [Wake Forest University School of Medicine](#) serving as the academic core of the enterprise. Advocate Health is nationally recognized for its expertise in heart and vascular, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs more than 160,000 teammates across 69 hospitals and over 1,000 care locations and offers one of the nation’s

largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to redefining care for all, Advocate Health provides more than \$6 billion in annual community benefits.

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