HEART DISEASE PREVENTION

48% of Americans have heart disease.
1 in 4 deaths in America are caused by heart disease.

COMMON SIGNS:
- Extreme fatigue
- Swollen feet
- Extreme pain when you walk
- Dizzy or lightheaded
- Short of breath
- Depressed
- Severe headaches

MOST COMMON FACTS:
- The two most common risk factors for heart disease are obesity and smoking.
- For many people, chest discomfort is one of the first signs.
- Heart disease is the leading cause of death for both women and men.
- Having diabetes puts you at a higher risk for heart disease.

HELP PREVENT HEART DISEASE:
- Choose Healthy foods and drinks
- Keep a healthy weight
- Regular physical activities
- Don't smoke
- Control your blood pressure
- Manage you diabetes
- Check your cholesterol
- Take your medication as directed
- Work with your health care team

IF YOU HAVE THESE SYMPTOMS
CALL 911

- Chest pain or discomfort
- Feeling weak, light-headed, or faint. You may also break out into a cold sweat
- Pain or discomfort in the jaw, neck, or back
- Pain or discomfort in one or both arms or shoulders
- Shortness of breath

Sources:
1. https://www.cdc.gov/heartdisease/about.htm
5. https://www.cdc.gov/heartdisease/heart_attack.htm