FACTS ABOUT HEART DISEASE

The term 'heart disease' refers to several types of heart conditions. The most common type in the U.S. is coronary artery disease, which can cause heart attack, angina, heart failure, and arrhythmias.

600,000 people die each year from heart disease.

That's 1 in 4 people.

$312.6 BILLION
Heart disease and stroke are among the most widespread and costly health problems facing the nation today

What are the risk factors for heart disease?

There are 3 categories of risk factors.

CONDITIONS
Blood pressure
Cholesterol
Diabetes

BEHAVIOR
Tobacco
Diet
Physical inactivity
Obesity
Alcohol

HEREDITY
Runs in the family

PREVENTION — Live a healthy lifestyle

DIET — Eat fruits, vegetables Eat foods low in saturated fat and cholesterol Avoid sodium

EXERCISE — Engage in moderate intensity exercise for 2 hours and 30 minutes every week

DON'T SMOKE — One year after quitting smoking your added risk of heart disease is half that of a smokers.

LIMIT ALCOHOL — Drinking alcohol increases high blood pressure

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Heart Awareness

What is heart disease?

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include

• Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

• Arrhythmia: Fluttering feelings in the chest (palpitations).

• Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

What is a heart attack?

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle. Coronary artery disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm, or sudden contraction, of a coronary artery that can stop blood flow to the heart muscle.

What are the symptoms of heart attack?

The major symptoms of a heart attack are

• Chest pain or discomfort. Most heart attacks involve discomfort in the center or left side of the chest that last for more than a few minutes or that goes away and comes back.

• Feeling week, light-headed, or faint. You may also break out into a cold sweat.

• Pain or discomfort in the jaw, neck or back.

• Shortness of breath.

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