

What Is Heart Disease?

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



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



Arrhythmia: Fluttering feelings in the chest.



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



Angina: Chest pain or discomfort when the heart muscle is not getting enough blood. It may feel like pressure or a squeezing pain in the chest.

RESOURCES

For more information please go to:

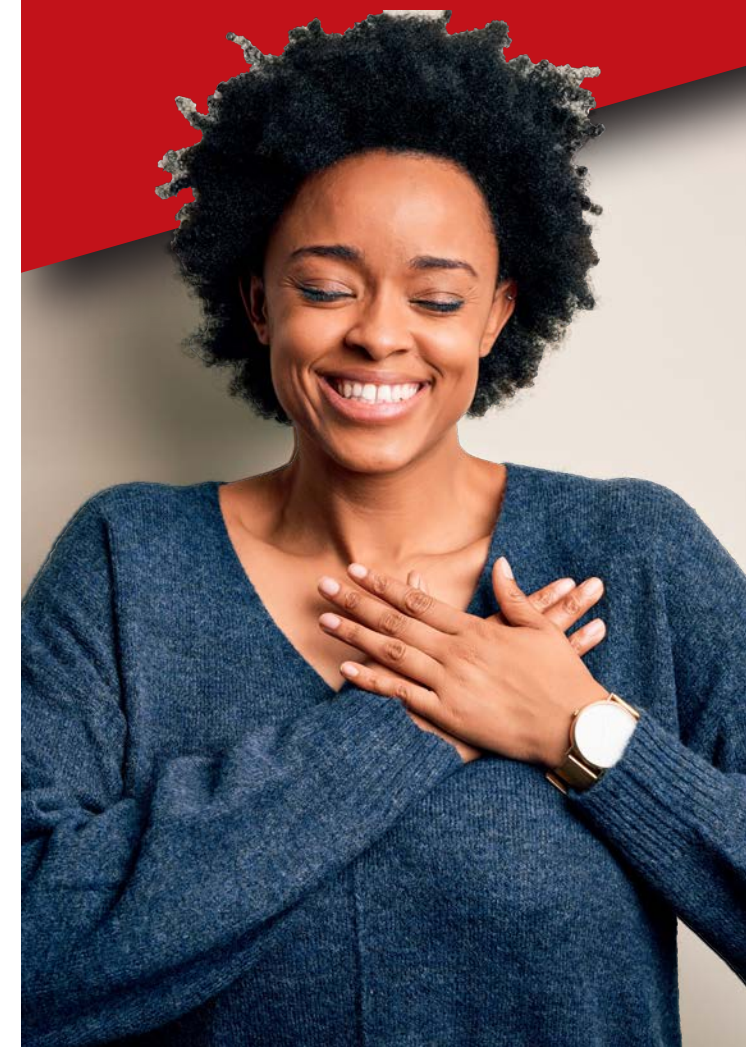
American Heart Association

www.heart.org

Centers for Disease Control

www.cdc.gov/heartdisease

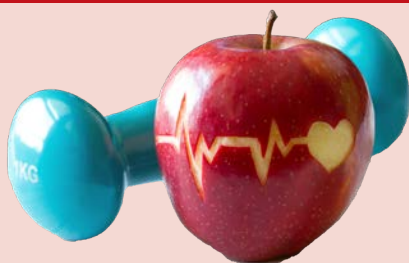
HEART DISEASE PREVENTION: EVERY BEAT COUNTS



**HEALTHY
DIRECTIONS**

©2024 Prevention & Treatment Resource Press, LLC
www.PTRPress.com • 877-329-0570 • product #PB-PH41
This pamphlet may not be copied.

**HEALTHY
DIRECTIONS**



How To Reduce The Risk Of Heart Disease

Don't Vape, Smoke Or Use Tobacco

- One of the best things you can do for your heart is to stop vaping, smoking or using smokeless tobacco.
- Chemicals in tobacco can damage the heart and blood vessels. Cigarette smoke & vapes lower the oxygen in the blood, which raises blood pressure and heart rate.

Aim For 60 Minutes Of Activity Daily

- Regular physical activity can lower the risk of heart disease. Get 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity each week.
- Short bouts of activity offer heart benefits. Just five minutes of moving every day can help.

Eat A Heart-Healthy Diet

A healthy diet can help protect the heart, improve blood pressure and cholesterol, as well as lower the risk of Type 2 diabetes. This includes:

- Vegetables and fruits
- Beans or other legumes
- Lean meats and fish
- Low-fat or fat-free dairy foods
- Whole grains
- Healthy fats like olive oil and avocado
- Limiting sugar, salt, saturated fats, and trans fats in your diet

Maintain A Healthy Weight

Being overweight — especially around the middle of the body — raises the risk of heart disease.

These conditions include:

- High blood pressure
- High cholesterol
- Type 2 diabetes

Even a small weight loss can be good for you.

Manage Stress

Ongoing stress can play a role in higher blood pressure and other risk factors for heart disease. Some people also cope with stress in unhealthy ways, such as overeating, drinking, or smoking.

Stress may be linked with conditions like anxiety and depression, which are also tied to heart disease risk factors.

Boost your health by finding other ways to manage stress. Healthy tactics include:

- Physical activity
- Relaxation exercises
- Mindfulness
- Yoga
- Meditation



Don't Wait For Symptoms

High blood pressure and high cholesterol can damage the heart and blood vessels. Regular screening tests can indicate if you need to take action.

- Blood pressure – at least once every two years.
- Cholesterol screenings – every five years, but increase in frequency as you get older.
- Screening is recommended starting at age 45, but earlier if you have other risk factors.

If you have a condition like high cholesterol, talk with your doctor about medicines and lifestyle changes.

Half of men who die suddenly of coronary heart disease had no previous symptoms.

After menopause, women are at a higher risk of coronary artery disease because of hormonal changes.

Even if you have no symptoms, you may still be at risk for heart disease

Heart Attack: What To Do

If you or someone you know is experiencing symptoms of a heart attack:

- Chest pain
- Pain or discomfort that spreads to the jaw shoulder, arm, back, and neck
- Shortness of breath
- Dizziness
- Fatigue
- Women may feel weak, light-headed, nauseous, faint, or even breakout in a cold sweat.
- **CALL 9-1-1 IMMEDIATELY!**
EVERY SECOND COUNTS!

Heart Disease By The Numbers

- After a year without cigarettes, the risk of heart disease drops to about half that of a smoker.
- About half of people in the U.S. (47%) have at least one of the three key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.
- Heart disease is the leading cause of death for men in the U.S., killing just under 400,000 every year.
- Over 60 million women (44%) in the U.S. are living with some form of heart disease.
- More than 356,000 people have an out-of-hospital cardiac arrest in the U.S. every year, and about 60% to 80% of them die before reaching the hospital.

