



Know Your Numbers

Take steps to lower your risk for heart disease!

Control your cholesterol and blood pressure

High cholesterol and high blood pressure can cause heart disease and heart attack. If your cholesterol or blood pressure numbers are high, you can take steps to lower them.

- **Get your cholesterol checked**
It is important to get your cholesterol checked at least every 5 years. Some may need to get it checked more often.
- **Get your blood pressure checked**
Starting at age 18, get your blood pressure checked regularly. High blood pressure has no symptoms.



Fun Facts About the Heart

- The average heart is the size of a fist in an adult.
- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons of blood every day.
- An electrical system controls the rhythm of your heart. It's called the cardiac conduction system.
- Most heart attacks happen on a Monday.
- Christmas day is the most common day of the year for heart attacks to happen.
- The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart.
- A woman's heart beats slightly faster than a man's heart.
- The beating sound of your heart is caused by the valves of the heart opening and closing.
- If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

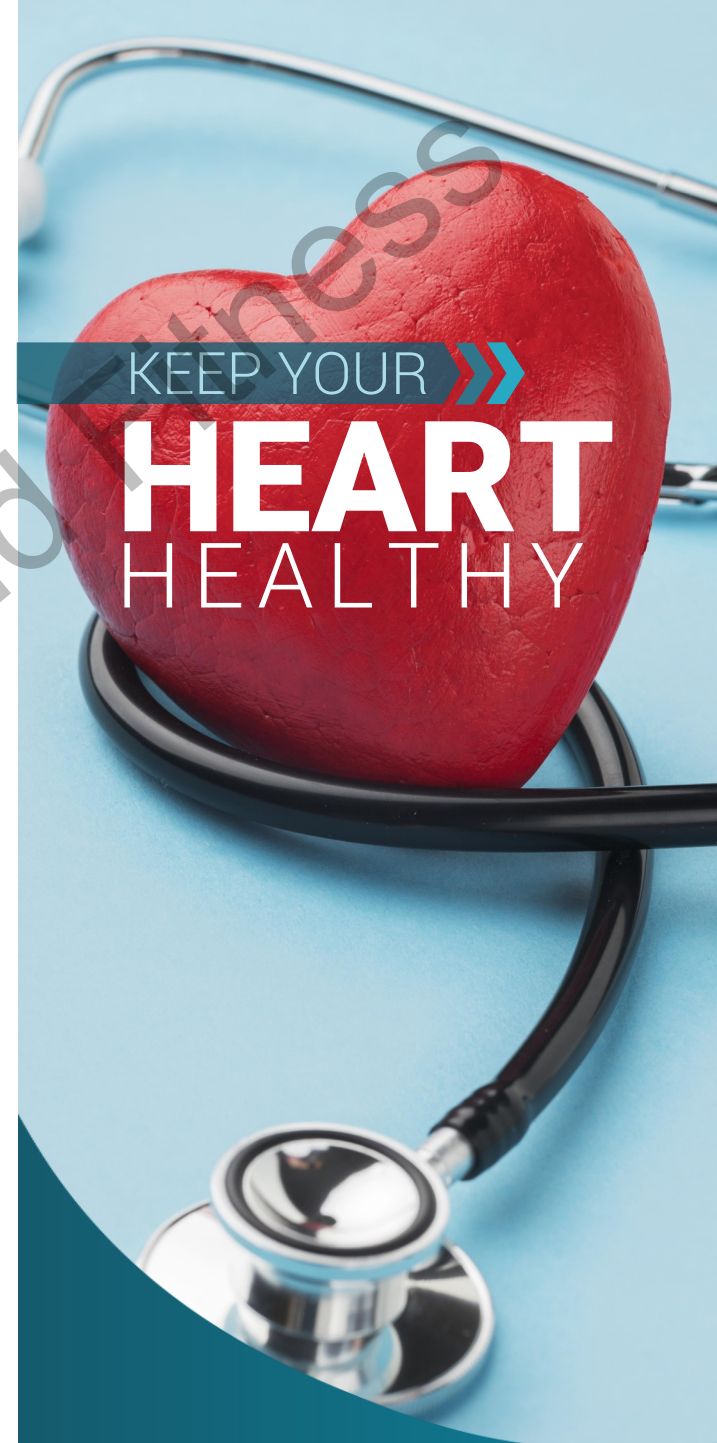
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This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making changes to your diet or exercise, consult your health care provider.



Take steps to lower your risk of heart disease!

HEART DISEASE is the leading cause of death for both men and women in the United States.

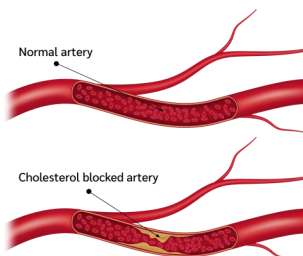
What is Heart Disease?

When people talk about heart disease, they are usually talking about **coronary heart disease (CHD)**, also known as coronary artery disease (CAD). This is the most common type of heart disease.

The major blood vessels that supply the heart (coronary arteries) struggle to send enough blood, oxygen, and nutrients to the heart muscle. Cholesterol deposits (plaques) in the coronary arteries and inflammation are usually the cause of coronary artery disease.

Several things can lead to plaque building up inside your arteries, including:

- Too much cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood because of diabetes



When plaque blocks an artery, it is hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

Who is at Risk for Heart Disease?

Anyone can get heart disease, but you are at a higher risk if you:

- Have high cholesterol, high blood pressure, or diabetes
- Smoke
- Are overweight or obese
- Do not get enough physical activity
- Do not eat a healthy diet

Your age and family history also affect your risk for heart disease. Your risk is higher if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

The good news is there is a lot you can do to prevent heart

Steps to Lower Your Risk

It is important for everyone to take steps to lower your risk of heart disease.

To help prevent heart disease:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

Eat healthy

Eating healthy can help lower your risk of heart disease. A healthy diet includes foods that are low in saturated fat, added sugars, and sodium (salt).

Drink alcohol only in moderation

Drinking too much alcohol can increase your risk of heart disease. If you choose to drink alcohol, **drink in moderation**. Meaning 1 drink or less in a day for women and 2 drinks or less in a day for men.

Get active

Getting regular physical activity can help prevent heart disease. Adults need at least 150 minutes of moderate-intensity aerobic activity each week. This can include walking, dancing, and biking.

Stay at a healthy weight

People who are overweight or obese are at an increased risk for heart disease and blood pressure.

If you are overweight, losing 5 to 10 percent of your body weight can help lower your risk of heart disease.

~~Alcohol~~

~~Bad Diet~~

~~Overweight~~

~~Lack of Exercise~~

~~Smoking~~



What is a Heart attack?

A heart attack happens when blood flow to the heart is suddenly blocked. Sometimes, a plaque can rupture and form a clot that blocks blood flow. A lack of blood flow can damage or destroy part of the heart muscle. A heart attack is also called a myocardial infarction.

Symptoms of a heart attack vary. Some people have mild symptoms, others have severe symptoms, and some people have no symptoms.

Common heart attack symptoms include:

- Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- Pain or discomfort in the upper body — like the arms, back, shoulders, neck, jaw, or upper stomach (above the belly button)
- Shortness of breath or trouble breathing (while resting or being active)
- Nausea
- Heartburn or indigestion
- Feeling dizzy, light-headed, or unusually tired
- Breaking out in a cold sweat