

DO YOU Love YOUR Heart?



THE STATS



1 IN 7 DEATHS

EACH YEAR IN THE UNITED STATES ARE CAUSED BY HEART DISEASE

790,000 PEOPLE

HAVE HEART ATTACKS IN THE UNITED STATES EACH YEAR

92.1 MILLION AMERICANS

ARE LIVING WITH A FORM OF CARDIOVASCULAR DISEASE OR THE AFTER-EFFECTS OF A STROKE

EVERY 40 SECONDS

AN AMERICAN WILL HAVE A HEART ATTACK

RISK FACTORS



**PHYSICAL
INACTIVITY**



**HIGH BLOOD
PRESSURE**



**POOR
NUTRITION**



**HIGH
CHOLESTEROL**



**EXCESSIVE
ALCOHOL USE**



DIABETES



SMOKING



OBESITY

SIGN & SYMPTOMS



CHEST PAIN OR DISCOMFORT

MOST INVOLVE DISCOMFORT IN THE CENTER OR LEFT SIDE OF THE CHEST, LASTING A FEW MINUTES OR THAT GOES AWAY AND COMES BACK. IT FEELS LIKE PRESSURE, SQUEEZING, FULLNESS OR PAIN.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

ESPECIALLY IN ONE OR BOTH ARMS, OR IN THE BACK, NECK, JAW, OR STOMACH.

SHORTNESS OF BREATH

WITH OR BEFORE CHEST DISCOMFORT.

OTHER SYMPTOMS

INCLUDE COLD SWEAT, NAUSEA OR LIGHTEADEDNESS.