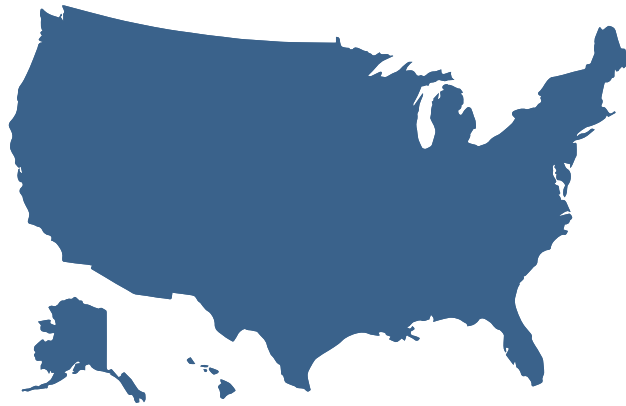


Heart Disease Prevention

48%¹

**OF AMERICAINS
HAVE HEART
DISEASE**



1 in 4¹

**DEATHS IN
AMERICA ARE
CAUSED BY
HEART DISEASE**

COMMON SIGNS³

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



MOST COMMON FACTS²

- 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 DISEASE⁴

- 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 SYMPTOMS³

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>

2. <https://blog.partnersforyourhealth.com/blog/facts-about-heart-disease>

3. <https://www.health.com/condition/heart-disease/9-subtle-signs-you-could-have-a-heart-problem>

4. <https://www.cdc.gov/heartdisease/prevention.htm>

5. https://www.cdc.gov/heartdisease/heart_attack.htm