

# Heart Health

While **heart disease is the leading cause of death in the United States**, it is also one of the most preventable diseases out there.

The most common type is known as **coronary artery disease or cardiovascular disease**.

This condition involves plaque build-up inside the coronary arteries, leading to blockages, reduction of blood flow, heart attacks, or sudden cardiac death.



## DID YOU KNOW?



Someone dies every 40 seconds from cardiovascular disease. That's about 2,200 deaths each day.



Cardiovascular disease is the leading cause of death across the globe.

More than

**17.3**

million deaths each year are caused by some form of cardiovascular disease.



About 34% of adults in the US have hypertension, or high blood pressure.

## TIPS TO A HEALTHY HEART



### **Make heart-healthy choices:**

Avoid saturated fats, salt, and sugary foods or drinks. Ensure you're getting 5 servings of fruits and vegetables each day.



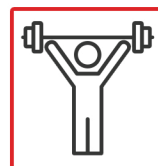
### **Manage your weight:**

Reduce sugar and fat and increase fruits and vegetables. Staying at a healthy weight helps maintain a healthy heart and reduces the risk of developing heart disease.



### **Have regular check-ups:**

Check your blood pressure, weight, and overall body function.



### **Stay active:**

Just 30 minutes of exercise 5 days a week will significantly improve your heart health and reduce your risk of acquiring heart disease.



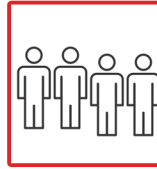
**GastroDoxs**  
defenders of the digestive system

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## **Know the risk factors for heart disease:**

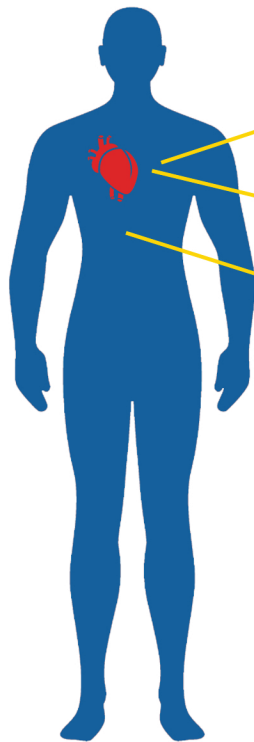
Smoking, inactivity, poor diet, being overweight all increase your chances of getting heart disease.



## **Know your family's heart health history:**

Having a history of heart disease or cardiovascular disease increases your risk.

## **WARNING SIGNS OF A HEART ATTACK**



**Pain or discomfort in chest, arm, shoulder, jaw, or lower back.**

**Shortness of breath**

**Lightheadedness, nausea, or vomiting**



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