

HEART HEALTH AWARENESS



**TAKING CARE OF YOUR HEART
IS EXTREMELY IMPORTANT, SO
SHOW IT SOME LOVE!**

659,000 People in the U.S.
DIE FROM
HEART DISEASE
THATS 1 IN EVERY 4 DEATHS



4 TIPS FOR OPTIMUM HEART HEALTH

HEALTHY DIET



EXERCISE



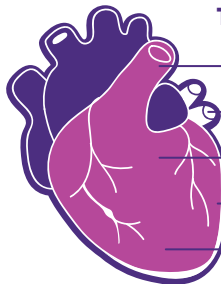
20 MINUTES
OF MODERATE PHYSICAL
ACTIVITY PER DAY

**AVOID SMOKING,
DRUGS, & EXCESSIVE
ALCOHOL CONSUMPTION**

STRESS



Scan here to view
a video about
heart health



TYPES OF HEART DISEASES

- Heart Attack
- Cardiac Arrest
- Aneurysm
- Cardiomyopathy
- Coronary Artery Disease

SYMPTOMS



Shortness
of Breath



Swelling



Chest Pain
or Discomfort



Extreme Fatigue



Nausea



Dizziness

If you are unsure, be on the safe side and **CALL 911**. Some people don't even show signs of a heart attack or other types of heart disease.



MORE INFORMATION

Heart disease is a collection of diseases and conditions that cause problems with the circulatory/cardiovascular system. The heart is a very complex organ and there are a lot of different components that need to be cared for. Each type of heart disease is caused by something entirely unique to that condition.

Although heart disease may seem scary, there are many things you can do to prevent or minimize the risk. Such as diet, Exercise, Managing Stress, and Avoiding Drugs and Excessive Alcohol Consumption.

Schedule annual physical examinations to catch any heart related issues early.

**For more heart health resources, visit
The American Heart Association at
www.heart.org**