

# HEART HEALTH AWARENESS

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.

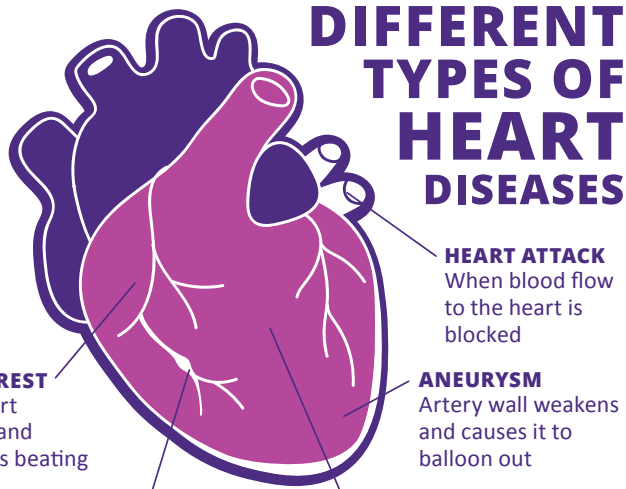
Although heart disease may seem scary, there are many things you can do to prevent or minimize the risk.

# 659,000

People in the U.S.

## DIE FROM HEART DISEASE

### THATS 1 IN EVERY 4 DEATHS



## DIFFERENT TYPES OF HEART DISEASES

### CARDIAC ARREST

When the heart malfunctions and suddenly stops beating

### ANEURYSM

Artery wall weakens and causes it to balloon out

### CORONARY ARTERY DISEASE

Major vessels that supply your heart with blood become damaged or clogged

### CARDIOMYOPATHY

Heart muscle is weakened and makes it harder for your heart to pump blood

### HEART ATTACK

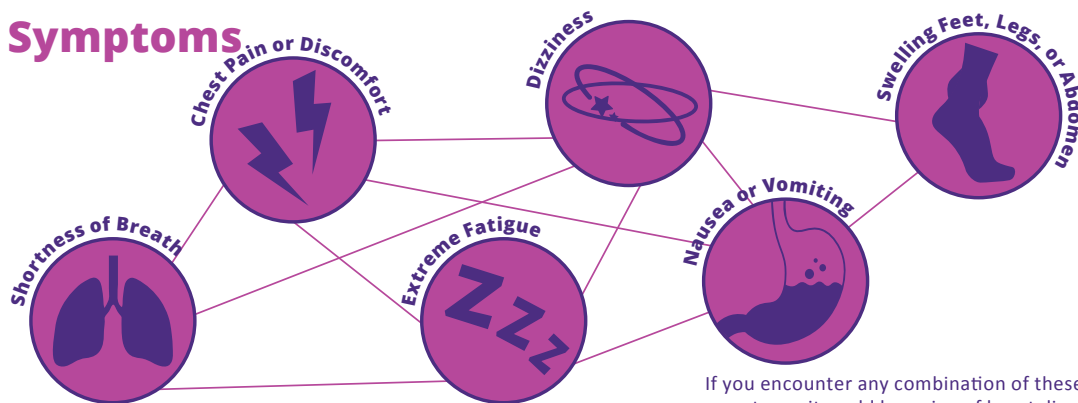
When blood flow to the heart is blocked

**HEART ATTACK & CARDIAC ARREST ARE NOT THE SAME**



Schedule annual physical exams to catch heart-related issues early

## Symptoms



If you encounter any combination of these symptoms, it could be a sign of heart disease.

**IF YOU ARE UNSURE, BE ON THE SAFE SIDE:**

**CALL 911**

**SOME PEOPLE DON'T EVEN SHOW SIGNS OF A HEART ATTACK OR OTHER TYPES OF HEART DISEASE.**



### Exercise

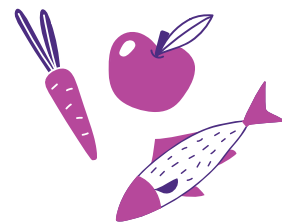
Heart healthy activities include aerobic exercise like walking, swimming, jogging, or cycling; and resistance training such as weights, squats, and push-ups.

ABOUT  **20 MINUTES** OF MODERATE PHYSICAL ACTIVITY PER DAY



### Healthy Diet

Eat foods low in saturated/trans fats, sodium, and added sugars. Avoid foods that cause damage to the heart including processed foods and fried foods.



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**TIPS FOR OPTIMUM HEART HEALTH**

### Avoid Smoking, Drugs, & Excessive Alcohol Consumption

Both alcohol and drug abuse can lead to a wide variety of heart issues and diseases including irregular heartbeats, heart attacks, and strokes.



### Stress

Manage stress levels by getting enough sleep, practicing meditation, setting time aside for yourself, and finding other ways to unwind.



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

Scan here to view a video about heart health

