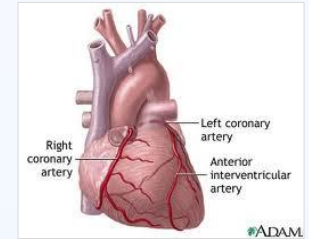


Heart disease includes conditions affecting the heart, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease. Heart disease is the leading cause of death for men and women in the United States.



## TYPES OF HEART DISEASE

**Coronary Heart Disease** is atherosclerosis of the coronary arteries, producing blockages in the vessels which nourish the heart itself.

**Heart Failure** occurs when blood moves through the heart and body at a slower rate, and pressure in the heart increases.

**Congenital Heart Disease** is a type of defect in one or more structures of the heart or blood vessels that occurs before birth.

## CHOLESTEROL AND TRIGLYCERIDES

**Cholesterol** helps your body build new cells, insulate nerves, and produce hormones. Too much cholesterol in your body is a major risk factor for heart disease because it begins to build up on the walls of your arteries.

**Triglycerides** are a mechanism for storing unused calories, and their high concentrations in blood correlates with the consumption of starchy and fatty foods

## LIFESTYLE RISK FACTORS

- ✗ High Stress
- ✗ Poor Diet
- ✗ Lack of Exercise
- ✗ Smoking
- ✗ Obesity

### Cholesterol Guidelines

	Desirable	At Risk	Very High Risk
Total Cholesterol	Less than 200	200-239	240 and higher
LDL Cholesterol	Less than 130	130-159	160 and higher
HDL Cholesterol	50 and higher	40-49	less than 40
Triglycerides	Less than 200	200-399	400 and higher

## BLOOD PRESSURE

High blood pressure increases the risk of heart disease and stroke so it's important to know how to lower high blood pressure. Hypertension risk factors include obesity, drinking too much alcohol, smoking, and family history.

Top Number	Bottom Number	Your Category
Below 120	Below 80	Normal Blood Pressure
120-139	80-89	Prehypertension
140-159	90-99	Stage 1 Hypertension
160 or more	100 or more	Stage 2 Hypertension

## SIGNS AND SYMPTOMS OF A HEART ATTACK

- pain, fullness, and/or squeezing sensation of the chest
- jaw pain, toothache, headache
- shortness of breath
- nausea, vomiting, and/or general epigastric (upper middle abdomen) discomfort
- heartburn and/or indigestion
- arm pain (more commonly the left arm, but may be either arm)

If you are experiencing one or more of these symptoms, it is important that you call 9-1-1 and seek immediate medical attention.

## PREVENTION OF HEART DISEASE

- ✓ Quit Smoking
- ✓ Exercise
- ✓ Improve Cholesterol
- ✓ Eat Healthier
- ✓ Reduce Stress
- ✓ Monitor & Control Blood Pressure

## THINK PREVENTION

**Adopting a healthy lifestyle can greatly reduce your risk of heart disease!**

Keys to prevention include quitting smoking, lowering cholesterol, controlling high blood pressure, maintaining a healthy weight, and exercising.

Build wellness into your life by setting goals and creating a game plan for success. You can do it!

