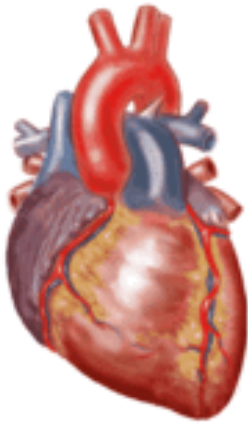


FEBRUARY: HEART HEALTH MONTH

FEBRUARY 1, 2017

VOLUME 1, ISSUE 15



Heart Disease Facts

- Heart disease is the leading cause of death of Americans
- Heart disease takes years to develop and your risk increases as you get older
- According to the Centers for Disease Control and Prevention, in the United States, about 610,000 people die of heart disease every year
- Every year about 735,000 Americans have a heart attack

What is Heart Disease?

Heart disease is a very broad term used for a wide variety of diseases and conditions of the heart and blood vessels including; coronary artery disease, heart rhythm disorders and congenital heart defects.

Coronary artery disease is a condition in which plaque builds up in the coronary arteries, this is also known as atherosclerosis. Plaque build up is due to the accumulation of cholesterol and can affect the oxygen supply and blood flow of heart. Plaque build up may grow large enough to form a blood clot. A blood clot can completely block blood flow of an artery or more frequently, rupture and travel to other sites of the body and cause a blockage of blood flow. Blockage of a blood vessel that directly feeds the heart can result in a heart attack.

Heart disease can run in the family so it is important to talk to your relatives and find out about the history of heart disease in your own family. Living a healthy lifestyle and making healthy choices can help lower your risk for heart disease.



SPECIAL POINTS OF INTEREST:

- ◆ Heart disease facts
- ◆ What is heart disease?
- ◆ Heart attack symptoms
- ◆ A happy heart is a healthy heart

February 3rd, 2017

This marks the American Heart Association's National Wear Red Day!!

Heart disease and stroke are the cause of death of 1 on 3 women every year.

By wearing red you can help raise awareness.



FIVE SYMPTOMS OF A HEART ATTACK

1. Pain or discomfort in the jaw, neck or back
2. Feeling weak, lightheaded or faint
3. Chest pain or discomfort
4. Pain or discomfort in arms or shoulder
5. Shortness of breath

- Women are more likely to have other symptoms of heart attack such as ; unexplained tiredness, nausea and vomiting
- The sooner a person is provided medical attention, the quicker they can be provided with appropriate treatment and care and the less damage to the heart muscle
- The chances of someone surviving a heart attack increases the sooner they receive treatment

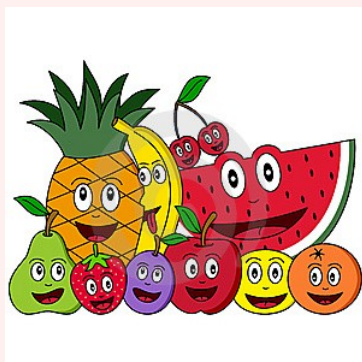


CALL 9-1-1

If you notice symptoms of a heart attack in yourself or someone else , call 911 immediately !

KNOW YOUR RISK FACTORS!

1. Family History
2. Smoking
3. Alcohol Consumption
4. Drug Abuse
5. Cholesterol
6. High Blood Pressure
7. Physical Inactivity
8. Obesity
9. History of Previous Heart Attack



A HEALTHY HEART IS A HAPPY HEART



Reduce your risk of heart disease by making healthy decisions!

- Engage in yourself in regular exercise and physical activity. At least 30 minutes of moderate exercise five days a week
- Consume a diet low in saturated fats and salt
- Eat fresh fruits and vegetables
- Avoid smoking
- Avoid alcohol or lessen consumption to no more than half to one alcoholic beverage per day
- Speak to your doctor and review your risk factors!