

What is Heart Disease?

A structural or functional abnormality of the heart, or of the blood vessels supplying the heart, that impairs its normal functioning.

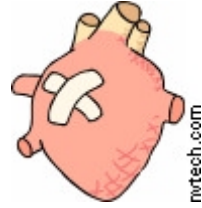
What are the risk factors for Heart Disease?

- ♥ Males
- ♥ Increase with age
- ♥ Family History
- ♥ Post-menopausal
- ♥ Race (African-Americans, Indian Americans, and Mexican Americans)
- ♥ Smoking
- ♥ High LDL (bad cholesterol)
- ♥ Hypertension
- ♥ Sedentary lifestyle
- ♥ Obesity
- ♥ Uncontrolled Diabetes
- ♥ Uncontrolled Stress

3 Most Common Types of Heart Disease Are:

Coronary Artery Disease causes approximately 1.2 million heart attacks every year. The **most common symptom** is *angina*. Angina can be described as heaviness, pressure, burning, squeezing or a painful feeling in your chest. Other symptoms include shortness of breath, palpitations, faster heartbeat, weakness, dizziness, nausea and sweating.

During a **Heart Attack**, symptoms last longer than 30 minutes and are not relieved by rest or oral medication.



Congestive Heart Failure the inability of the heart to pump blood at an adequate rate, resulting in congestion

in the lungs, shortness of breath, edema in the lower extremities, and enlargement of the liver.

Abnormal Heart Rhythms symptoms include palpitations, pounding in the chest, dizziness, light-headedness, fainting, and fatigued. One type is **Atrial fibrillation**, this arrhythmia could cause a blood clot to form in the heart. This blood clot can travel through the blood stream to the brain or stay in the heart and cause a stroke or heart attack.

- ♥ **Of those with heart disease**
 - 52.2% are male
 - 47.8% are female
 - 88.2% are Caucasian
 - 9.5% are African-American
 - 2.4% are other race

American Heart Association: 1-800-AHA-USA-1



**HAPPY VALENTINES DAY !
TAKE CARE OF YOUR
SWEETHEART.**

Source: www.americanheart.org, Heart disease
www.webmd.com

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