

HEART HEALTH SPOTLIGHT

Celebrate the lives of those surviving heart disease

Create awareness of potential indicators signifying heart disease

Provide information on preventative measures

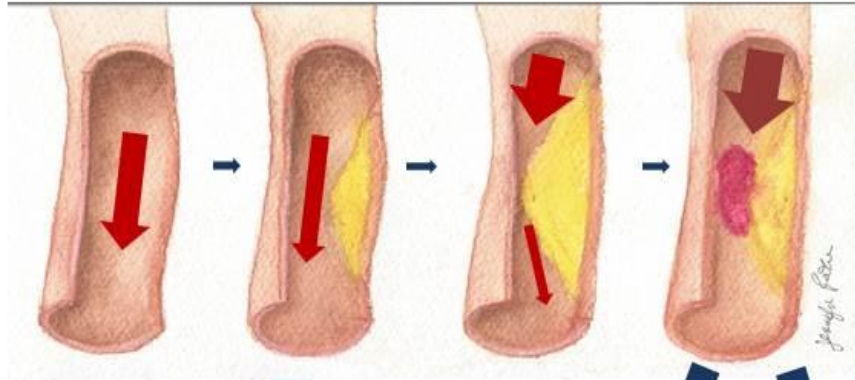


WHAT IS HEART DISEASE?

- Heart and blood vessel disease — also called heart disease — includes numerous problems, many of which are related to a process called atherosclerosis.

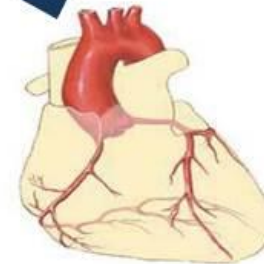
Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

Atherosclerosis



Normal Artery –
normal blood flow

High blood pressure
–low blood flow



Stroke or Heart attack -
most common causes
of death worldwide

WARNING SIGNS OF HEART ATTACK



Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

WARNING SIGNS IN WOMEN

- **Chest pain or discomfort.** Chest pain is the most common heart attack symptom, but some women may experience it differently than men. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side.
- **Pain in your arm(s), back, neck, or jaw.** This type of pain is more common in women than in men. It may confuse women who expect their pain to be focused on their chest and left arm, not their back or jaw. The pain can be gradual or sudden, and it may wax and wane before becoming intense. If you're asleep, it may wake you up. You should report any "not typical or unexplained" symptoms in any part of your body above your waist to your doctor or other health care provider.
- **Stomach pain.** Sometimes people mistake stomach pain that signals a heart attack with heartburn, the flu, or a stomach ulcer. Other times, women experience severe abdominal pressure that feels like an elephant sitting on your stomach.



WARNING SIGNS IN WOMEN

- **Shortness of breath, nausea, or lightheadedness.** If you're having trouble breathing for no apparent reason, you could be having a heart attack, especially if you're also having one or more other symptoms.
- **Sweating.** Breaking out in a nervous, cold sweat is common among women who are having a heart attack. It will feel more like stress-related sweating than perspiration from exercising or spending time outside in the heat.
- **Fatigue.** Some women who have heart attacks feel extremely tired, even if they've been sitting still for a while or haven't moved much.



WOMEN AND HEART DISEASE

- Heart disease is the No. 1 killer of women, and is more deadly than all forms of cancer combined.
- Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every minute.
- An estimated 43 million women in the U.S. are affected by heart disease.
- Ninety percent of women have one or more risk factors for developing heart disease.
- Since 1984, more women than men have died each year from heart disease.



The symptoms of heart disease can be different in women and men, and are often misunderstood.

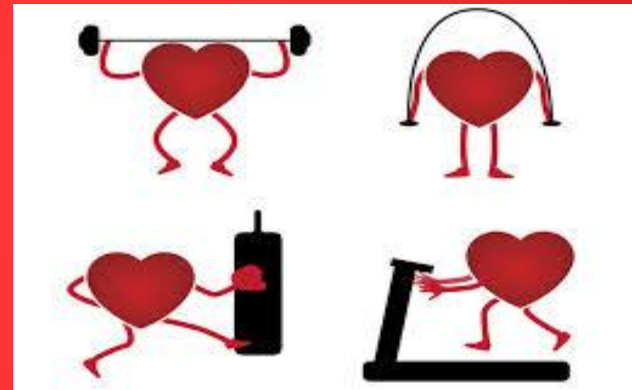
Cardiovascular disease is the leading cause of death for African American women. Of African American women ages 20 and older, 46.9 percent have cardiovascular disease

HOW TO AVOID HEART DISEASE

- **Don't smoke or use tobacco as this leads to narrowing of the arteries (atherosclerosis).** Atherosclerosis can ultimately lead to a heart attack.



- **Exercise for 30 minutes on most days of the week -** Physical activity helps control your weight and reduces your chances of developing high blood pressure, high cholesterol and diabetes all which put a strain on your heart.



- **Eat a heart-healthy diet -** A diet rich in fruits, vegetables and whole grains can help protect your heart.



HOW TO AVOID HEART DISEASE

- **Get enough quality sleep -** People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression.
- **Get regular health screenings -** High blood pressure and high cholesterol can damage your heart and blood vessels. Since diabetes is a risk factor for developing heart disease, you may want to consider being screened for diabetes.
- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.

