



Heart Health Matters

Key Risk Factors

- High Blood Pressure
- High Cholesterol
- Smoking
- Genetics
- Diabetes
- Excess Weight



1 PERSON DIES










EVERY
33 SECONDS
from cardiovascular disease

1 in every **5** deaths in the U.S. are due to heart disease.



Heart Attack

Signs and symptoms in women and men

-  |  Chest pain or discomfort
-  |  Shortness of breath
-  |  Pain or discomfort in the jaw, neck, back, arm, or shoulder
-  Feeling nauseous, light-headed or unusually tired

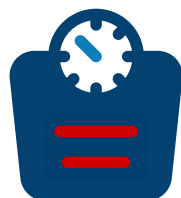
Ways to Love Your Heart



Eat a healthy diet



Avoid tobacco products



Maintain a healthy weight



Limit alcohol consumption



Exercise regularly

Sources:

- <https://www.cdc.gov/heartdisease/facts.htm>
- <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>
- https://www.cdc.gov/heartdisease/heart_attack.htm