

HEART MONTH

Heart Disease is the leading cause of death nationally in adults



630,000 Americans die each year from heart disease

Heart disease is the #1 killer of both men & women

Each minute, more than one person in the U.S. dies from a heart disease related event, while every 40 seconds an American experiences a heart attack. Heart disease is the leading cause of death in African-Americans, Latinos and whites. Altogether, the CDC estimated heart disease cost the U.S. \$200 Billion annually.

1

RISK FACTORS

High Blood Pressure
High Cholesterol
Smoking

2

BE AWARE

If you have Diabetes, are overweight, a diet with poor nutrition, low activity or substance abuse

3

SYMPTOMS

Chest pains, shortness of breath, nausea, cold sweats, upper body pain, discomfort in the arms, back, neck, jaw or stomach



LEAD A HEART HEALTHY LIFE!

Cut down on takeout, walk whenever you can, schedule an appointment with your doctor to discuss risks



TAKE ACTION

Take smoke out of the equation! Make the decision to quit. Losing weight can have a marked effect on your heart health. Shedding pounds also sheds risks of heart disease.



TAKE TIME TODAY

learn more about Heart Disease and how you can lead a heart-healthy life!