Heart Disease
CHANGE YOUR LIFESTYLE. CHANGE YOUR LIFESPAN.

NATIONAL NUMBERS

#1 cause of death in the U.S.

of deaths are related to heart disease.

heart attacks occur each year.

Every SECONDS, someone dies from heart disease.

Americans have heart disease.

KNOW YOUR SYMPTOMS

Heart attacks are different for women and men.

MEN
Cold sweats
Chest pain
Left arm pain

WOMEN
Dizziness or fatigue
Shortness of breath
Back, neck or jaw pain
Indigestion or heartburn
Arm or shoulder pain

WHY THE HIGH RISK?

High risk indicators:

DIABETES
HIGH BLOOD PRESSURE
HIGH CHOLESTEROL
LOW ACTIVITY
SMOKING
OBESITY
UNHEALTHY DIET

MAKE HEART HEALTHY CHOICES TODAY

How to turn it around:

Eat whole, unprocessed foods.

Eat fish once or twice a week.

Lower your stress with quiet time.

Put away the salt shaker.

Swap olive oil for butter.

Limit your alcohol intake.

Quit smoking, if you haven’t already.

Exercise regularly. Take the stairs.

MAKE A CHANGE FOR THE BETTER.
Live to tell about it. Learn more about heart disease, your risk and a whole range of treatment plans at mercy.net/HeartPlan

SOURCES: AMERICAN HEART ASSOCIATION  ACC.ORG  CDC.GOV