

Heart Disease

CHANGE YOUR LIFESTYLE . CHANGE YOUR LIFESPAN.

NATIONAL NUMBERS

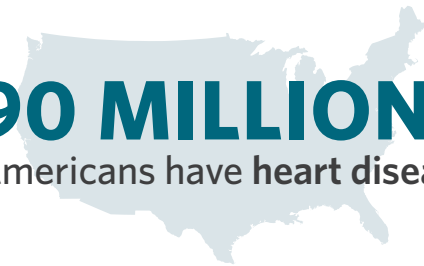
#1 cause of death in the U.S.

1/3 of deaths are related to heart disease.

790,000
heart attacks occur each year.

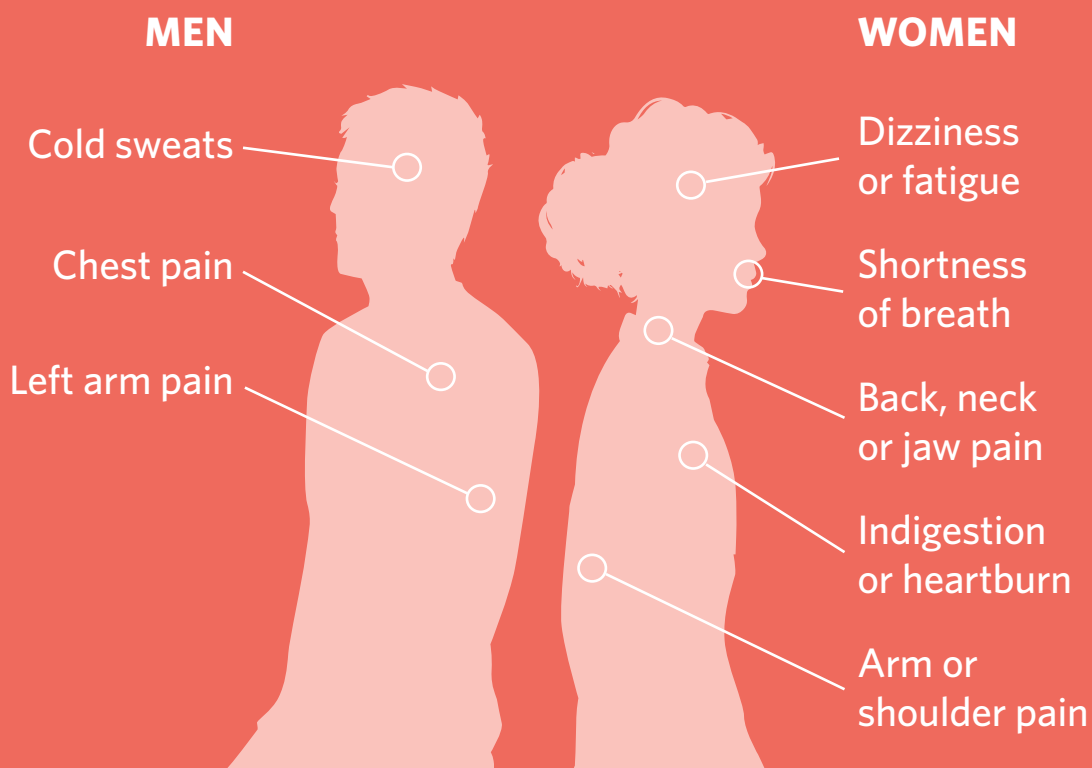
Every **40 SECONDS**, someone dies from heart disease.

90 MILLION
Americans have heart disease.



KNOW YOUR SYMPTOMS

Heart attacks are different for women and men.






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