HEART DISEASE

TYPES OF HEART DISEASE/WARNING SIGNS

What is Heart Disease?*

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

Heart attack:

Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia:

Fluttering feelings in the chest (palpitations).

Heart failure:

Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

*www.cdc.gov

Heart Attack vs Cardiac Arrest*

People often use these terms interchangeably, but they are not synonyms. A heart attack is when blood flow to the heart is blocked, and sudden cardiac arrest is when the heart malfunctions and suddenly stops beating unexpectedly. A heart attack is a "circulation" problem and sudden cardiac arrest is an "electrical" problem.

Heart Attack is when when a blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

Cardiac Arrest occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

*www.heart.org

HEART DISEASE

WHAT TO DO/FACTS

What to do:
Heart Attack
Even if you're not sure it's a heart attack, call 911 or your emergency response number. Every minute matters! It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

What to do:
Sudden Cardiac Arrest
Cardiac arrest is reversible in most people if it's treated within a few minutes. First, call 911 for emergency medical services. Then get an automated external defibrillator if one is available and use it as soon as it arrives. Begin CPR immediately and continue until professional emergency medical services arrive. If two people are available to help, one should begin CPR immediately while the other calls 911 and finds an AED.

Sudden cardiac arrest is a leading cause of death – over 356,000 out-of-hospital cardiac arrests occur annually in the United States. By performing Hands-Only CPR to the beat of the classic disco song "Stayin' Alive," you can double or even triple a victim's chance of survival.

*www.heart.org

FAST Facts*:
- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- One person dies every 33 seconds in the United States from cardiovascular disease.
- In 2022, 702,880 people in the United States died from heart disease—that's the equivalent of 1 in every 5 deaths.
- About 1 in 20 adults age 20 and older have Coronary Artery Disease (about 5%)
- In the United States, someone has a heart attack every 40 seconds.
- Every year, about 805,000 people in the United States have a heart attack.
  - Of these, 605,000 are a first heart attack
  - 200,000 happen to people who have already had a heart attack
  - About 1 in 5 heart attacks are silent—the damage is done, but the person is not aware of it.

*www.cdc.gov

54

HEART DISEASE

PREVENTION

American Heart Association.

8 STEPS TO PREVENT HEART DISEASE AND STROKE

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).

1. Know your risk
heart.org/ccccalculator
- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.

2. Eat a healthy diet
heart.org/eatsmart
- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.

3. Be physically active
heart.org/movemore
- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.

4. Watch your weight
heart.org/weight
- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.

5. Live tobacco-free
heart.org/tobacco
- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.

6. Manage conditions
heart.org/conditions
- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.

7. Take your medicine
- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.

8. Be a team player
- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.

Take charge of your health.

Start today at **heart.org/prevention**.

www.heart.org

54