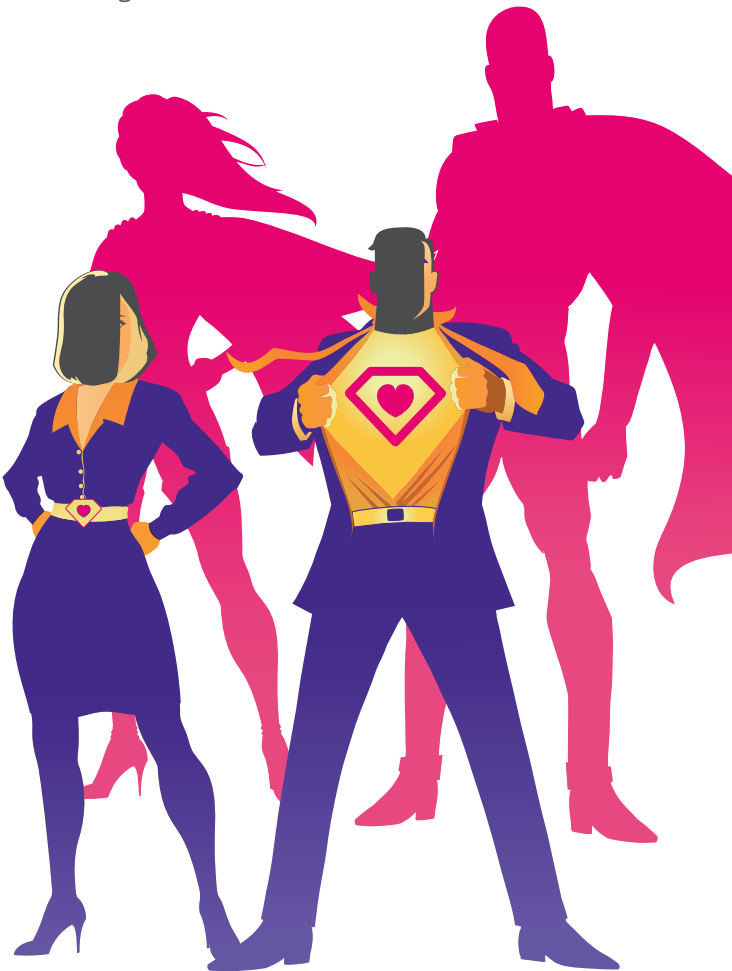


Be a Heart Hero

Know the Warning Signs
and Risk Factors of a Heart Attack

Warning Signs

- ▶ Chest Discomfort – uncomfortable pressure, squeezing, fullness or pain
- ▶ Discomfort in the upper body: one or both arms, the back, neck, jaw or stomach
- ▶ Shortness of breath
- ▶ Nausea
- ▶ Lightheadedness



Risk Factors

- ▶ Smoking – a smoker’s risk of developing coronary artery disease is 2-4 times higher than nonsmokers
- ▶ High Blood Cholesterol – As blood cholesterol rises, so does the risk of coronary artery disease
- ▶ High Blood Pressure – Increases the workload on the heart. When combined with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times
- ▶ Physical Inactivity – Physical activity can help control blood cholesterol, diabetes and obesity, as well as help lower blood pressure in some people
- ▶ Obesity and Overweight – People who have excess body weight, especially a lot of it at the waist, are more likely to develop heart disease even if they have no other risk factors. Excess weight raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL (“good”) cholesterol levels. It can also make diabetes more likely to develop. Losing even 10 pounds can lower your heart disease risk
- ▶ Diabetes Mellitus – at least 65% of people with diabetes die of some form of heart or blood vessel disease
- ▶ Other factors – stress, alcohol and diet can all contribute to heart disease risk



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