Factors that Increase Risk:

- Age (65+)
- Diabetes (Type I & II)
- Smoking
- High Blood Pressure
- High LDL Cholesterol
- Lack of Exercise
- Family History
- Body Mass Index Over 25
- Excessive Alcohol Use
- Sleep Apnea

Prevention:

- At least 30 minutes of physical activity a day
- Eat well-balanced meals
  - Decrease consumption of trans fatty acids and sodium
  - Increase consumption of fresh vegetables and fiber
- Lower your stress level
- Quit smoking
- Get regular health screenings

Test your heart attack risk level at:
https://www.heart.org/ggIRisk/main_en_US.html

Common Symptoms of Heart Disease

- Uncomfortable pressure, squeezing or pain in chest
- Pain or discomfort that originates in or spreads to other parts of upper body
- Chest discomfort paired with lightheadedness, fainting, sweating, nausea or shortness of breath
- Chest pains (without other symptoms)
- Severe indigestion or heartburn that’s does not go away with antacids paired with weakness, nausea or sweating

*25-30% of patients with heart disease have no symptoms

Cardiovascular Diseases

- Heart Attack
- Angina
- High Blood Pressure
- Stroke
- Atherosclerosis
- Coronary Heart Disease

Leading Cause of Death In America