

# Beat Beat Beat

**Heart Disease**

## #1 Killer of Americans

### How's your Beat?

**Wear Red—Support Heart Awareness Month!**



Cardiovascular diseases account for **1** in every **3** Deaths in the United States!

More than **2,200** Americans die of cardiovascular disease every day that's one death every 34 seconds!

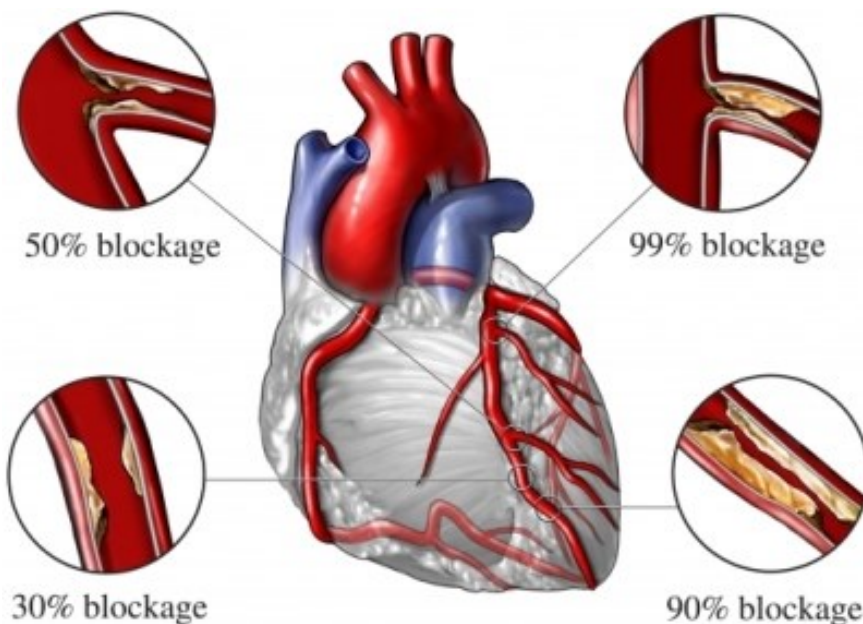


**The Odds!** More women are affected by heart disease than all forms of **cancer** combined. **It is the #1 killer in Women!**

Stroke is the number **3** Killer of Women!

**COMMON RISK FACTORS FOR HEART DISEASE INCLUDE:**

- Smoking 
- High blood pressure 
- High cholesterol 
- Diabetes 
- Physical inactivity 
- Obesity 



### Types of Heart Disease

**Coronary heart disease**  
Blocked or clogged arteries limit blood flow to the heart and starving it of oxygen and nutrients. Can cause heart attack or stroke.



**Arrhythmia**  
The heart beats irregularly.



**Heart Failure**  
The heart can't pump as powerfully as it needs to in order to supply the body with oxygen and nutrients, causing the heart muscles to overwork and weaken.

**Heart Valve disease**  
One or more of the heart valves – which control blood flow into and out of the heart doesn't work.



**Pericarditis**  
An inflammation of one or more layers of the pericardium, a thin membrane that lines the heart.

**Aorta disease**  
A portion of the aortic wall weakens and balloons out, forming an aneurysm.

**Vascular disease**  
Heart disease is often related to disease of the circulatory system, including arteries, veins and lymph vessels, or blood disorders.

### Heart Disease

The generic name for over 50 different types of heart related problems!



#### HOW TO LOWER YOUR RISK

- Quit smoking
- Exercise
- Eat your fruits and vegetables
- Avoid salt and fatty foods
- Limit alcohol
- Get regular medical exams

#### And, if applicable:

- Take blood-pressure-lowering meds (for people with high blood pressure)
- Monitor your blood sugar level (for diabetics)

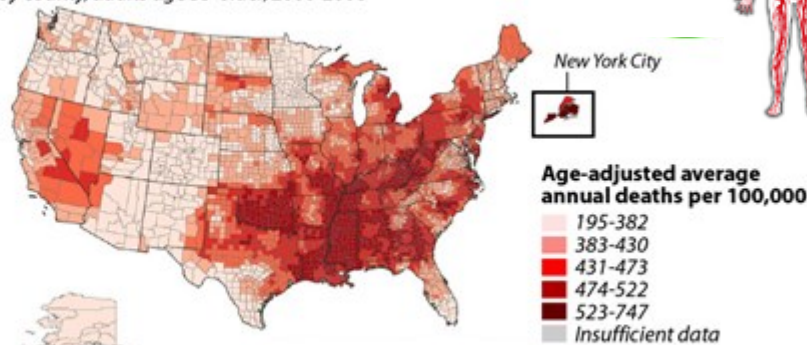
#### TO SCREEN FOR RISK FACTORS, HAVE YOUR DOCTOR:

- Test your blood pressure with a pressure cuff
- Test your blood cholesterol level
- Compute/discuss your Body Mass Index (BMI)

#### FAST FACTS

- ♥ Heart disease is the **leading cause of death** in the U.S.
- ♥ It is the **leading cause** for **both men and women**, and the deaths are **split evenly** across gender.
- ♥ Every **34 seconds** in the U.S., someone has a **heart attack**. Every **minute**, someone dies from **heart disease**.
- ♥ About **79 million** Americans have some form of **cardiovascular disease**.

**Heart disease death rates in the U.S.**  
by county, adults age 35-older, 2000-2006



SOURCE: National Vital Statistics System and U.S. Census Bureau