

Heart FACTS

Heart disease is the leading cause of death in the U.S.

High blood pressure is called the “silent killer” because you don’t usually know you have it. You may never experience symptoms, so don’t wait for your body to alert you that there’s a problem.



Risk factors for heart disease

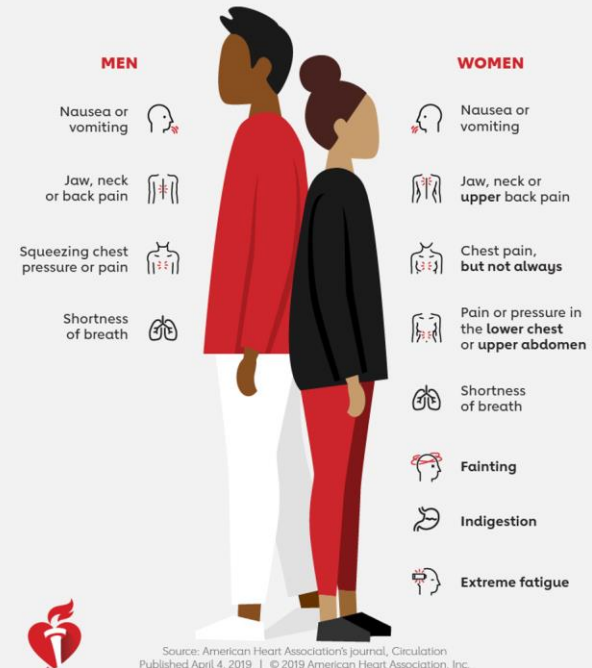
- Have high blood pressure
- Have high blood cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease, for example if your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65
- Have a history of preeclampsia, which is a sudden rise in blood pressure and too much protein in the urine during pregnancy
- Have unhealthy eating behaviors
- Are age 55 or older for women or age 45 or older for men

****Each risk factor increases your chance of developing heart disease. The more risks you have, the higher your overall risk.**

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



In the United States:

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.
- **One person dies every 34 seconds** from cardiovascular disease.
- In 2023, 919,032 people died from cardiovascular disease. **That's the equivalent of 1 in every 3 deaths.**

Myths About Cardiovascular Disease

I'm too young to worry
about Heart Disease.

I'd know if I had high blood pressure, because there would be warning signs.

I'll know when I'm having a heart attack, because I'll have chest pain.

The pain in my legs must be a sign of aging, I'm sure it has nothing to do with my heart.



I should avoid exercise, after having a heart attack.

Diabetes won't threaten my heart, as long as I take my medication.

Heart failure means the heart stops beating

Heart Disease runs in my family, so there's nothing I can do to prevent it.