

HEART DISEASE

Cardiovascular (Heart) disease (CVD) is a common term for several issues affecting the heart and the blood vessels, including heart attack, unusual heart rhythm, heart failure and stroke.

American Heart Association (AHA Facts)

- Heart disease is the leading cause of death in the US
- CVD is the leading global cause of death causing 18.6 million deaths in 2019 and 365,744 deaths in the U.S.
- The average age for a first heart attack is 65 for males and 72 for females
- Strokes are the 5th leading cause of deaths and the leading cause of serious long-term disability in the U.S. Someone dies from a stroke every 3.5 minutes

Heart disease and stroke statistics—2021 update: a report from the American Heart Association [Circulation. doi: 10.1161/CIR.0000000000000950

Risk Factors for Heart Disease and Stroke

- Smoking
- High Blood Pressure
- High Blood Cholesterol
- Diabetes
- Overweight or Obese
- Unhealthy Diet
- Physical Inactivity
- Excessive Alcohol Use

Other Risk Factors to Consider

- Stress
- Lack of Sleep
- Age
- Sex
- Family History

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Lower Your Risk for Developing Heart Disease and Stroke

■ Know Your Risk

Making small lifestyle changes can help reduce your risks. Talk to your doctor about steps you can take to improve your heart health.

■ Eat a Healthy Diet

Your diet should have lots of vegetables, fruits, whole grains, legumes, nuts, lean meats and fish. Limit your salt, added sugars, trans fats, saturated fats and processed meats.

■ Move More

One of the best ways to stay healthy, prevent disease and age well. If you're already active, you can increase your intensity for more benefits. If you're not active now, get started by simply sitting less and moving more. This can help prevent, manage, or improve other health conditions too.

■ Watch Your Weight

Lose weight if you are overweight. Eat less and move more.

■ Don't Use Tobacco

There is no such thing as a safe tobacco product. If you do use tobacco products, stop. If you don't smoke, vape, or use tobacco products, don't start now.

■ Control Your Blood Pressure

If you have high blood pressure, high cholesterol or any other conditions that put you at greater risk, talk to your doctor.

■ Take Your Medications

Take all medications as directed by your doctor. If you have never had a heart attack or stroke don't take aspirin as a preventive measure unless your doctor tells you to.

■ Be a Team Player

Eating better, getting active, losing weight and quitting tobacco can prevent CVD. Work with your health care team.