



HEART DISEASE

RISK FACTORS

- » High cholesterol
- » Smoking
- » Age
- » Inactivity
- » High blood pressure
- » Family history
- » Diabetes
- » Medical history



SIGNS/SYMPTOMS

- » **Heart disease**
Angina
Pain in neck, jaw, throat, abdomen, or back
- » **Heart Failure**
Shortness of breath
Fatigue
Swelling of legs and abdomen
- » **Heart Attack**
Chest pain
Indigestion
Heartburn
Nausea
Fatigue
- » **Arrhythmia**
Palpitations (uneven heart beat)



PREVENTION

- » Reduce stress
- » Lipid profile screening-Know your numbers
- » EKG screening
- » Increase physical activity
- » Low fat, high fiber, low sodium food choices

