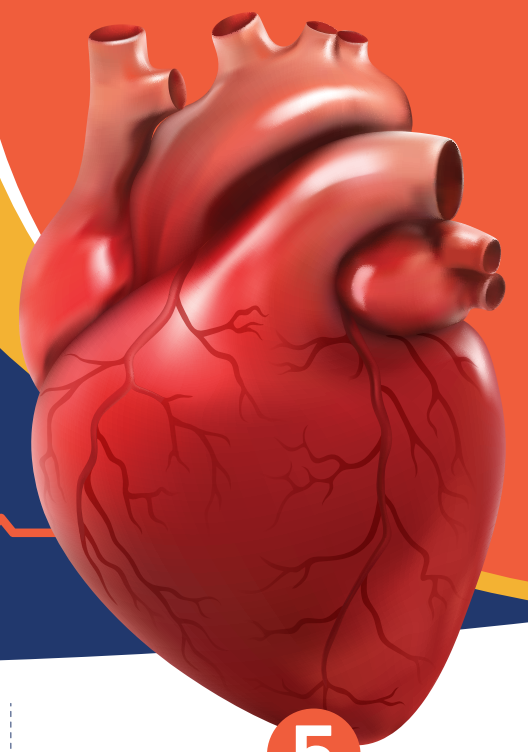


10 THINGS YOU MAY NOT KNOW ABOUT

Heart Disease



1

Heart disease is the **No. 1 killer** in both men and women.



2

Heart disease claims a life in the U.S. **every 37 seconds**.



3

Every year, about **805,000** people in the U.S. have a heart attack.



4

About **1 in 5 heart attacks** is silent - the person is not aware of the damage that has been done.



5

Symptoms include chest pain or discomfort, heart palpitations and shortness of breath.



6

Even if you have **no symptoms**, you may still be at risk for heart disease.



7

Half of men who die suddenly of coronary heart disease did not have previous symptoms.



8

Heart disease is the **leading cause** of death for African American and white women in the U.S.



9

High blood pressure, high LDL cholesterol, diabetes and smoking are **key risk factors**.



10

Nearly **7 in 10** people over age 65 who have diabetes will die of some type of heart disease.



Control Your Risk

Other risks factors include:

- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

Know your blood pressure.

Uncontrolled high blood pressure can lead to heart disease.

If you smoke, take steps to quit smoking.

Adopt healthy food choices, including limiting alcohol intake.



University Health