

American Heart Month

February is not just about getting a heart filled with chocolate, it is about making sure your heart is healthy so you can spend many years with your loved ones.







Take a moment to check out some facts about heart disease, warning signs of a heart attack, risk factors and ways to reduce your risk of heart disease.


Center for Disease Control Facts

- Every year about **610,000** people die of Heart Disease in the United States
- Heart Disease is the leading cause of death for **both men and women**
- Heart Disease is the leading cause of death for people of **most ethnicities** in the United States
- Coronary Heart Disease is the most common type of Heart Disease
- Every year about **735,000** Americans have a **Heart Attack**
- **210,000** of these people have already had a **Heart Attack**
- Knowing the warning signs of a Heart Attack increases the chance of survival
- There are many risk factors for Heart Disease that you can minimize with **lifestyle changes**

HEART ATTACK WARNING SIGNS

MEN







- Chest pain/discomfort 
- Rapid or irregular heartbeat 
- Feeling dizzy, faint or light-headed 
- Breaking out in a cold sweat 
- Stomach discomfort or indigestion 
- Shortness of breath 



If you have any of these signs, don't wait.
Call 911

froedtert.com/heart

WOMEN

- Chest pressure 
- Unusual fatigue for several days 
- Anxiety and sleep disturbances 
- Back, neck, arm or jaw pain 
- Nausea, feeling sick to stomach 
- Shortness of breath 

**TOO MUCH
CHOLESTEROL
IN YOUR BLOOD
INCREASES
YOUR RISK.**

GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.



PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.

**AIM FOR 2 1/2 HOURS OF
MODERATE-INTENSITY
AEROBIC
ACTIVITY PER WEEK.**



**SMOKERS
ARE UP TO
6 TIMES MORE
LIKELY TO SUFFER
HEART ATTACKS.
DON'T SMOKE
AND, IF YOU DO, QUIT.**

HEARTTRUTH.GOV

ARE YOU AT
RISK FOR
**HEART
DISEASE?**



A program of the National
Institutes of Health



THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.

**MAINTAIN
A HEALTHY
WEIGHT.**

**HIGH BLOOD
PRESSURE
GREATLY INCREASES
YOUR RISK.**

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



**DIABETES.
PUTS YOU AT INCREASED RISK
FOR HEART DISEASE.**

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.²