

Heart Disease

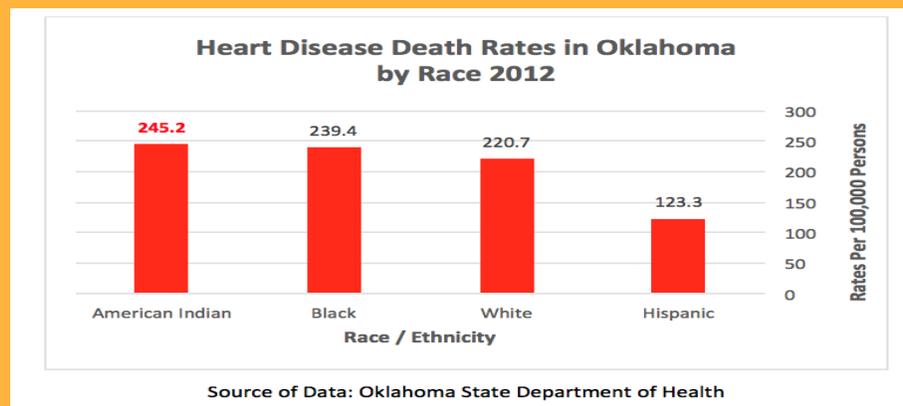
Heart disease refers to different heart problems. Coronary artery disease (CAD) is the most common type of heart disease in the United States.

CAD can cause heart attacks, angina (pain in the chest, jaw, neck, back, arms, or shoulders), heart failure, and arrhythmias (irregular heartbeats).

Source: https://www.cdc.gov/heartdisease/coronary_ad.htm



- Heart disease is the leading cause of death in Oklahoma.
- More than 9,000 Oklahomans died from heart disease in 2012.
- American Indians had the highest heart disease rates of all races in Oklahoma in 2012.



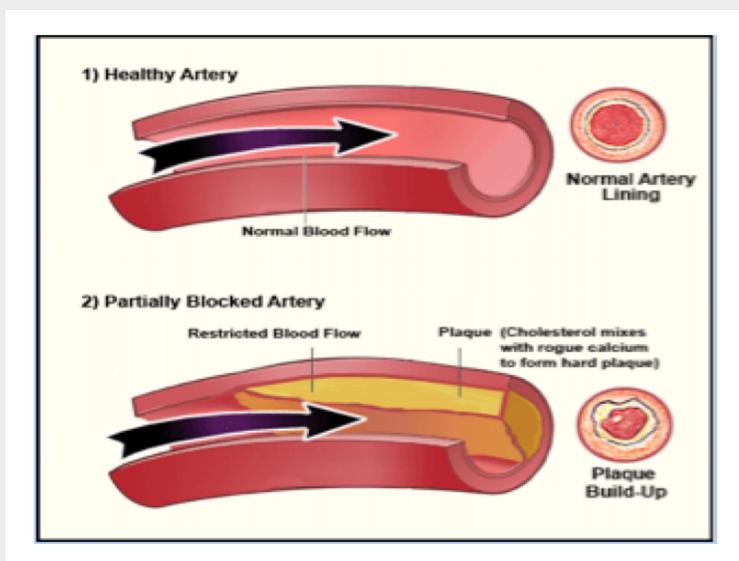
What Causes Heart Disease?

Heart disease happens when plaque forms in the arteries that send blood to the heart. Plaque builds up from cholesterol. When this happens, the arteries get narrow and the flow of blood to the heart is blocked. This can cause a heart attack.

What Is a Heart Attack?

A heart attack is also called myocardial infarction. Most heart attacks happen when plaque or a clot in the arteries blocks blood and oxygen to the heart. If a blockage is not removed within a few hours, the heart muscle that is affected dies.

Source: <https://www.cdc.gov/heartdisease/about.htm>



Warning Signs of a Heart Attack:

- The most common heart attack symptom is chest pain or discomfort.
 - Uncomfortable feeling in the chest: pain, pressure, and squeezing.
 - Shortness of breath.
 - Nausea, vomiting, and sweating.
 - Feeling light-headed, weak, dizzy, or faint.
 - Uncomfortable feeling in the upper body: neck, jaw, shoulder, arms, and back.
 - Feeling very tired.
- Women are more likely to have the other common symptoms, especially shortness of breath, nausea/vomiting, and back or jaw pain.

Source: https://www.cdc.gov/heartdisease/signs_symptoms.htm

Steps To Take When a Heart Attack Happens:

- Call 9-1-1 right away.
- Start CPR (cardiopulmonary resuscitation) right away.
- Use an automated external defibrillator (AED) if possible. This is a machine that can shock the heart back to its norm rhythm.
- Get follow-up treatment right away.

What Can Increase Your Risk For Heart Disease:

A risk factor is anything that affects your chance of getting a disease. You are born with some risk factors which you cannot change. Other risk factors are caused by lifestyle behavior and can usually be changed.

Risk Factors You Cannot Change:

- **Age:** Your risk for heart disease increases with age.
- **Gender:** Heart disease is the no.1 killer of both men and women, which is why it is important that you learn the warning signs and symptoms, see a doctor regularly, and learn your family history.
- **Heredity:** Heart disease can be heredity, which means it runs in the family. Know your family history.

Source: https://www.cdc.gov/heartdisease/family_history.htm

What You Can Do To Reduce Your Risk For Heart Disease:

- Lose weight or keep a healthy weight
- Exercise often or be physically active
- Stop Smoking
- Control your diabetes
- Limit how much alcohol you drink
- Eat healthy foods: lots of fruits and vegetables, foods high in fiber and low in salt, saturated fat and cholesterol
- Lower blood cholesterol
- Lower high blood pressure
- Take your medicine and follow your doctor's instructions carefully

Source: <https://www.cdc.gov/heartdisease/prevention.htm>