

# 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.

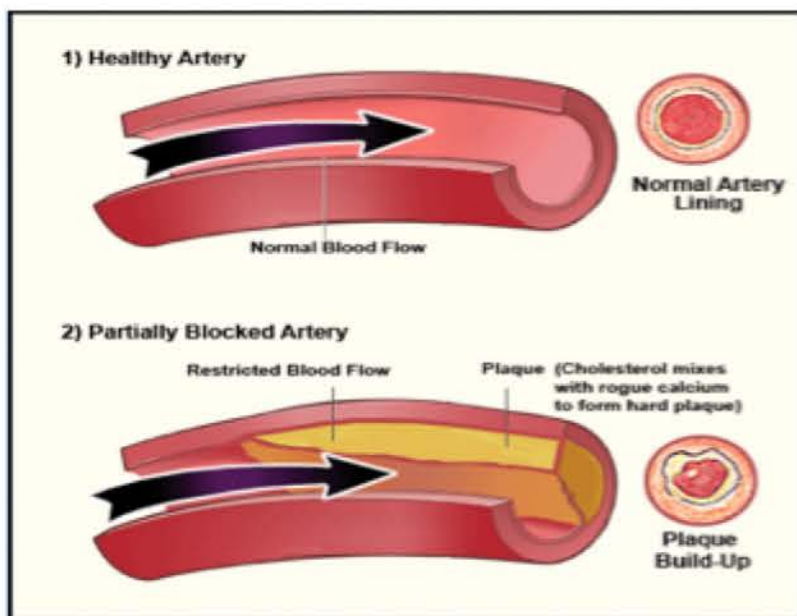
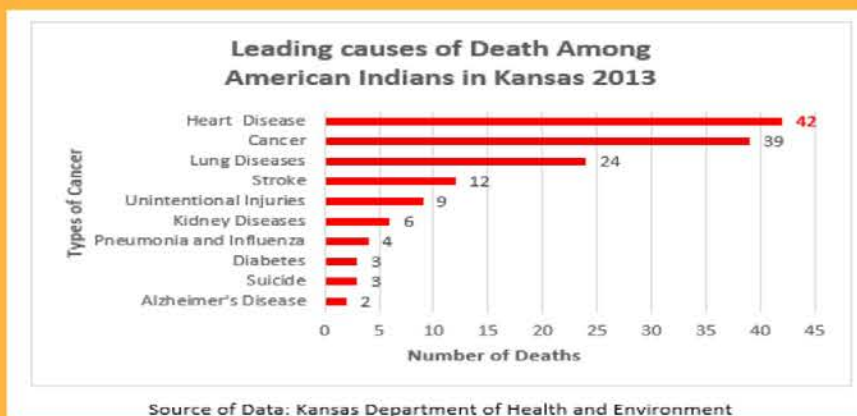
CAD can cause heart attacks, angina (pain in the chest, jaw, neck, back, arms, or shoulders), heart failure, and arrhythmias (irregular heartbeats).

Source: [https://www.cdc.gov/heartdisease/coronary\\_ad.htm](https://www.cdc.gov/heartdisease/coronary_ad.htm)



OKLAHOMA AREA  
Tribal Epidemiology Center

- Heart disease was the 2nd leading cause of death in Kansas in 2013.
- Among American Indians in Kansas, heart disease was the leading cause of death in 2013.
- Heart disease deaths in 2013 were higher among male American Indians than among female American Indians.



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

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