

Know the Facts About Heart Disease



Heart attack is caused by reduced or cut-off blood flow from the arteries supplying the heart.

SYMPTOMS

- Chest pain
- Shortness of breath
- Weakness
- Dizziness or lightheadedness
- Pain in one or both arms, legs, neck, back or jaw

Heart disease is the

#1

cause of death for men and women in the United States

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if

GIVEN WITHIN 1 HOUR of the start of symptoms



Heart disease can appear different for men and women...

MEN

- Men are more likely to experience heart disease symptoms like **ARRHYTHMIA**, which is when the heart starts to beat at an abnormal rate
- **25%** of all heart-disease-related deaths occur in men between the ages of **35 TO 65**
- Men usually develop heart disease **10 YEARS EARLIER** than women and are therefore more like to die of it in the **PRIME OF LIFE**



WOMEN

- Rather than chest pain during a heart attack, women may often feel a **DULL, ACHING, TIGHT OR HEAVY SENSATION IN THEIR CHEST, JAW OR SHOULDER BLADES**
- **2/3** of the women who die suddenly of coronary heart disease have **NO PREVIOUS SYMPTOMS**
- Women tend to have heart attacks **10 YEARS LATER THAN MOST MEN**

PREVENTABLE CAUSES OF HEART DISEASE



Lifestyle



Stress



Obesity



Unhealthy Diet



Alcohol Use



Blood Pressure



Smoking

