

Heart Disease

Heart disease includes any disorder of the heart and affects millions of Americans every year, yet it is highly preventable by following a healthy lifestyle.



It is the **number one** cause of death in the U.S., accounting for **36% of deaths** annually.



In 2010, heart disease will cost us an estimated **\$316.4 billion** in health care, medicine and lost productivity.

COMMON RISK FACTORS FOR HEART DISEASE INCLUDE:

Smoking

High blood pressure



High cholesterol



Diabetes



Physical inactivity



Obesity

TO SCREEN FOR RISK FACTORS, HAVE YOUR DOCTOR:

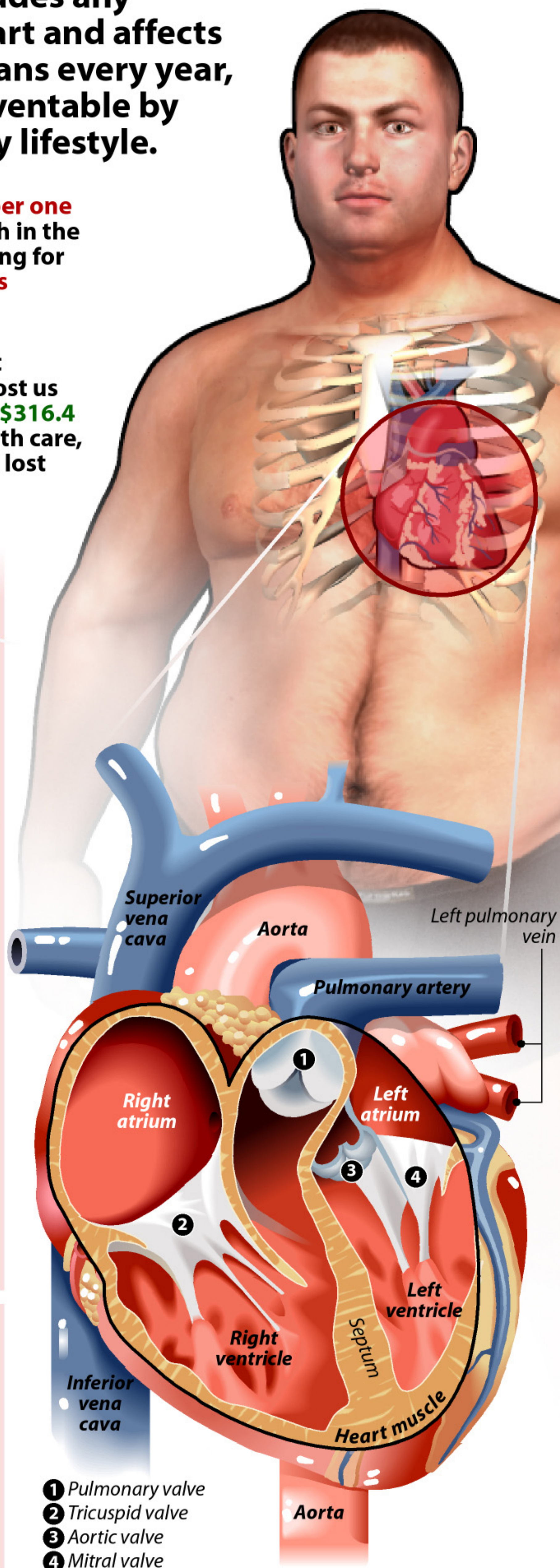
- Test your blood pressure with a pressure cuff
- Test your blood cholesterol level
- Compute/discuss your Body Mass Index (BMI)

HOW TO LOWER YOUR RISK

- Quit smoking
- Exercise
- Eat your fruits and vegetables
- Avoid salt and fatty foods
- Limit alcohol
- Get regular medical exams

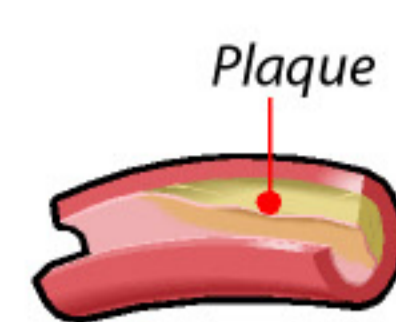
And, if applicable:

- Take blood-pressure-lowering meds (for people with high blood pressure)
- Monitor your blood sugar level (for diabetics)

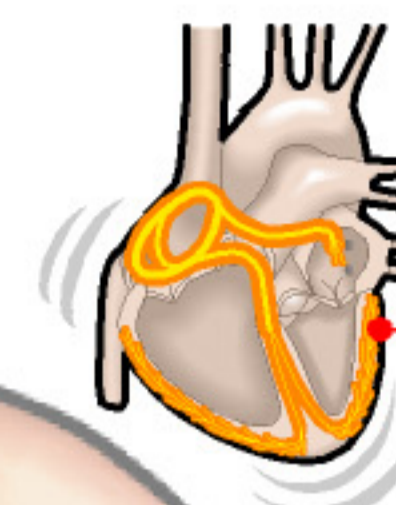


- 1 Pulmonary valve
- 2 Tricuspid valve
- 3 Aortic valve
- 4 Mitral valve

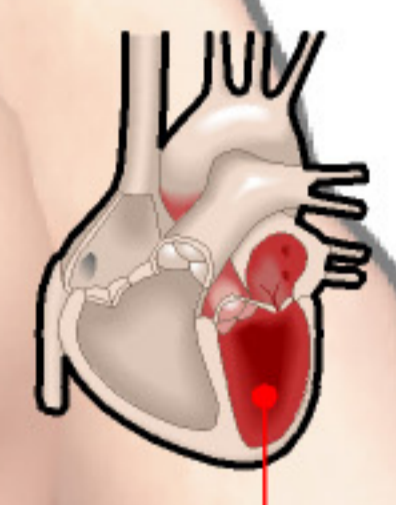
TYPES OF HEART DISEASE



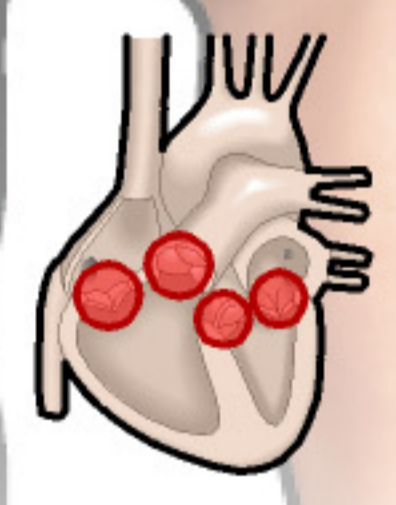
Coronary heart disease
Blocked or clogged arteries limit blood flow to the heart and starving it of oxygen and nutrients.



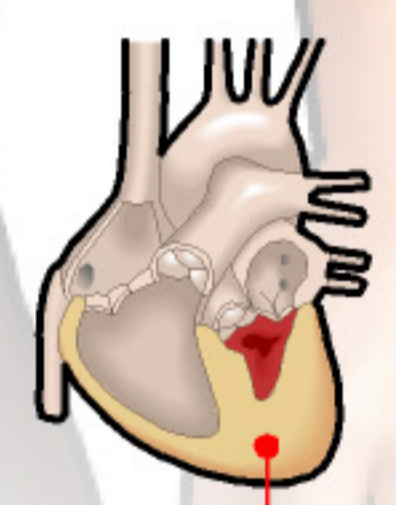
Arrhythmia
The heart beats irregularly.



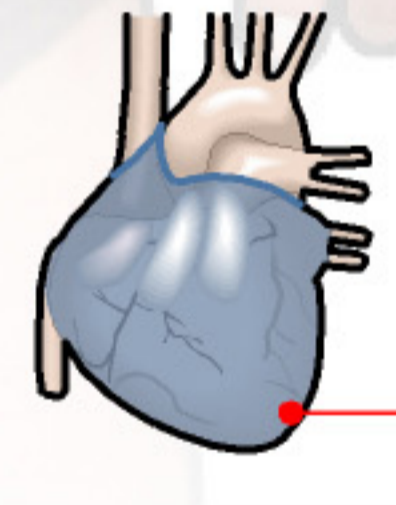
Heart failure
The heart can't pump as powerfully as it needs to in order to supply the body with oxygen and nutrients, causing the heart muscles to overwork and weaken.



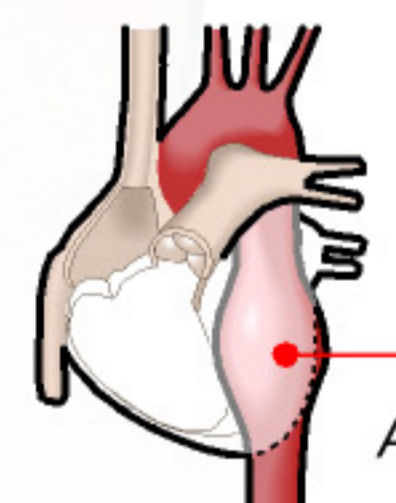
Heart valve disease
One of more of the hearts' valves — which control blood flow into and out of the heart — doesn't work.



Cardiomyopathy
An enlarged or abnormally stiff or thick heart, causing the heart to pump weaker than normal and sometimes leading to heart failure or arrhythmia.



Pericarditis
An inflammation of one or more layers of the pericardium, a thin membrane that lines the heart.



Aorta disease
A portion of the aortic wall weakens and balloons out, forming an aneurysm.

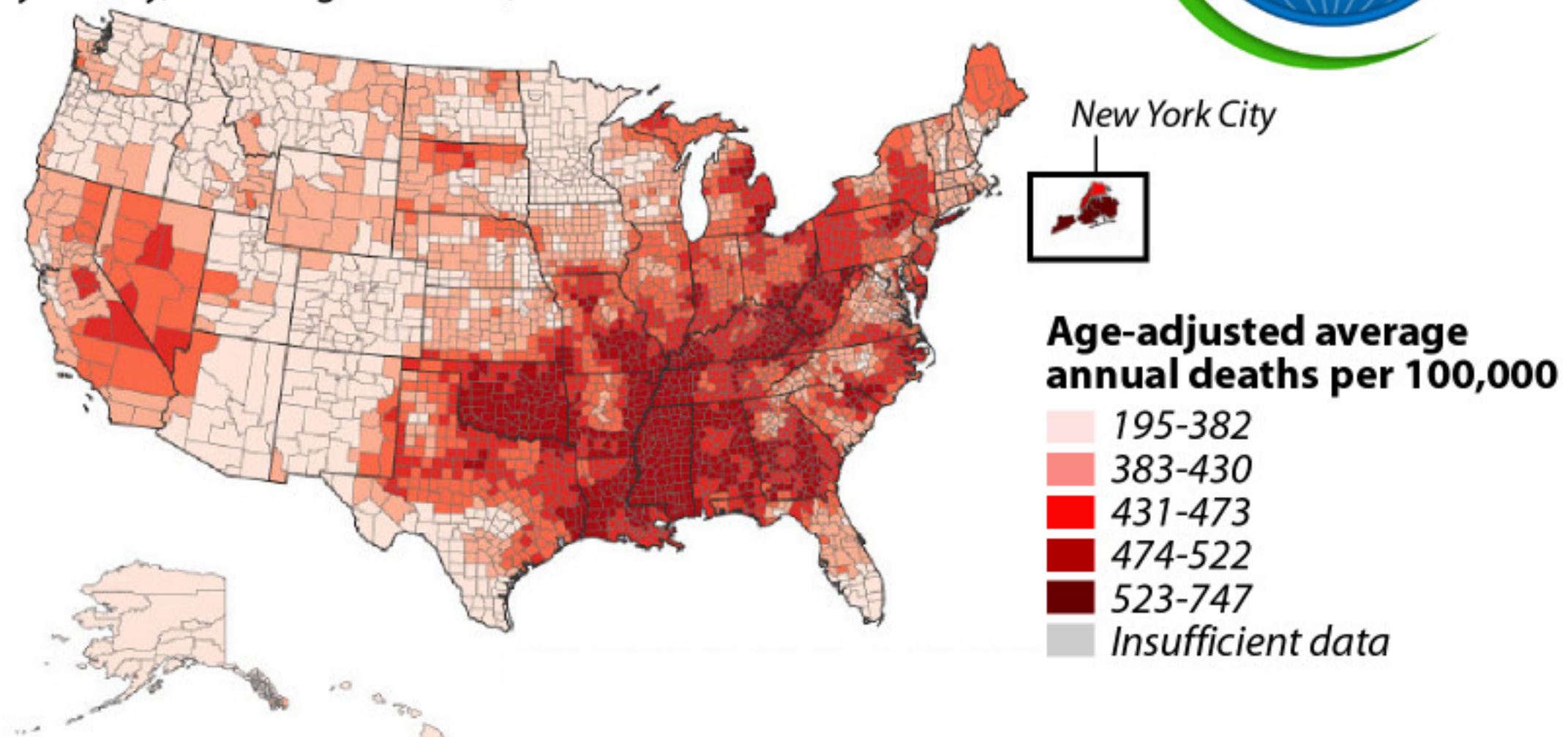


Vascular disease
Heart disease is often related to diseases of the circulatory system, including arteries, veins and lymph vessels, or blood disorders.

FAST FACTS

- ♥ Heart disease is the **leading cause of death** in the U.S.
- ♥ It is the **leading cause** for **both men and women**, and the deaths are **split evenly** across gender.
- ♥ Every **34 seconds** in the U.S., someone has a **heart attack**. Every **minute**, someone dies from **heart disease**.
- ♥ About **79 million** Americans have some form of **cardiovascular disease**.

Heart disease death rates in the U.S. by county, adults age 35+ older, 2000-2006



SOURCE: National Vital Statistics System and U.S. Census Bureau

