Heart Disease refers to a group of conditions, such as coronary artery disease, that can lead to heart attack or heart failure.

5 WAYS TO KEEP YOUR HEART Healthy when you already have heart disease

1. DECREASE HIGH BLOOD PRESSURE
2. DECREASE HIGH CHOLESTEROL LEVELS
3. KEEP DIABETES UNDER CONTROL
4. TAKE HEART MEDICINE AS PRESCRIBED
5. TAKE A LOW-DOSE ASPIRIN DAILY (AS PRESCRIBED BY YOUR DOCTOR)

SYMPTOMS OF HEART DISEASE INCLUDE:

- Irregular Heartbeat also known as arrhythmia
- Chest pain or discomfort
- Shortness of breath
- Swelling of the feet, ankles, legs, abdomen, or neck veins
- Nausea, vomiting, lightheadedness, or dizziness
HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR MOST AMERICANS IN THE UNITED STATES.²

- **Every 40 seconds**, someone has a heart attack.²
- **Every 37 seconds**, someone dies from cardiovascular disease.²
- Around 1 in 4 deaths is related to heart disease.²

**Preventing Heart Disease One Action at a Time**

- Enjoy fresh fruits and vegetables and decrease the fat and salt in your diet³
- Take steps to quit smoking to decrease your risk of heart disease¹
- Get regular check ups to monitor high blood pressure, high cholesterol, and diabetes⁴
- Minimize stress by taking a walk or spending time doing the things you love

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**REFERENCES**


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