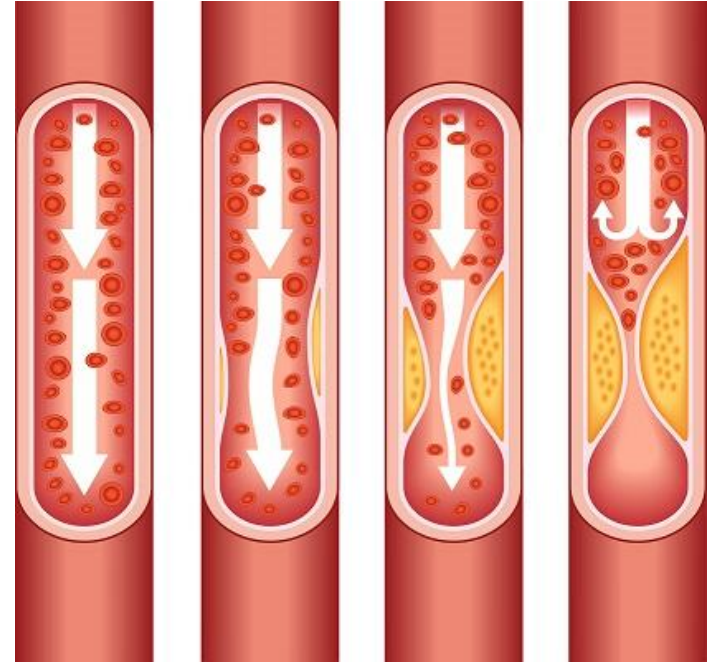

Cardiovascular Disease

What is it?

- Disease that involves the heart or blood vessels
- Plaque buildup in arteries which blocks blood flow to the heart
- Results in heart attack and stroke



Facts

- Leading cause of death for men and women
 - 1 in every 4 deaths
- In the United States, someone has a heart attack every 34 seconds; someone dies from CVD every 60 seconds



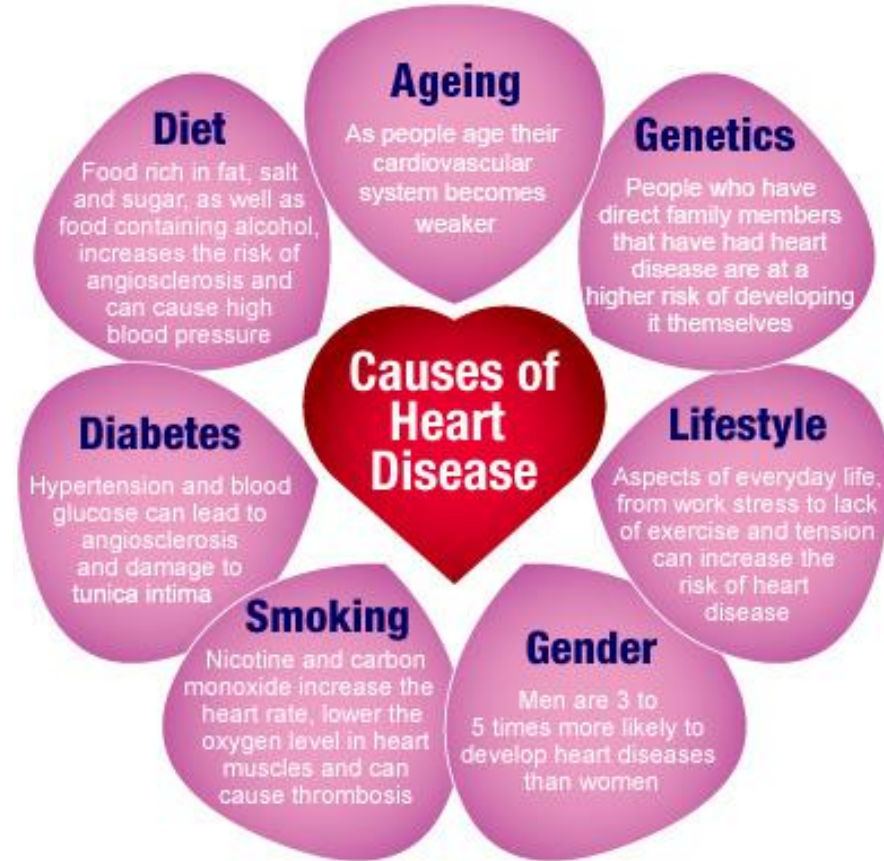
Symptoms

- Chest pain, chest tightness, chest pressure
- Shortness of breath
- Pain or weakness
- Irregular heartbeats
- Fainting



Causes

- Three biggest risk factors:
 - 1. Smoking
 - 2. High blood pressure
 - 3. High cholesterol
- Other risk factors:
 - Diabetes
 - Excessive alcohol or caffeine use
 - Drug abuse
 - Stress
 - Obesity
 - Physical inactivity



Treatments



**Healthy
Nutrition**



**Quit
Smoking**



**Regular
Exercise**

- Lifestyle changes
 - Quit smoking
 - Healthy eating
 - Maintain a healthy weight
 - Exercise
- Medications
 - To treat high blood pressure and high cholesterol
- Surgery
 - To open artery and improve blood flow



Prevention

- Healthy diet that is low in salt and fat
- Exercise at least 30 minutes a day
- Manage stress
- Control health conditions such as diabetes, high blood pressure, high cholesterol

