

Heart Health

About **647,000** Americans die from heart disease every year—that means every **1 in 4** deaths is caused by this chronic condition.

Heart disease is the leading cause of death for both **men** and **women**.

The warning signs for heart disease include the following:



Unhealthy diet



Smoking



Obesity



Lack of exercise



Excessive alcohol use

What can help prevent heart disease?

Eat foods that are **low** in saturated fat, trans fat and sodium.

Get at least **2.5** hours of moderate-intensity aerobic activity every week.

Keep an eye on your cholesterol, which should be checked at least **every five years**.

Reduce your stress levels.

Avoid smoking and excessive alcohol consumption.

Learn the warning signs of heart attacks, strokes and cardiac arrest:



Chest discomfort



Difficulty with speech



Sudden loss of responsiveness