



Heart Disease

Heart disease is caused by atherosclerosis — a buildup of plaque in the inner walls of the arteries — which narrows, slows or blocks the flow of blood to the heart.



Risk factors:

Controllable risk factors for heart disease include the following:

- High blood pressure
- High LDL cholesterol
- Type 2 diabetes
- Smoking
- Being overweight or obese
- Lack of physical activity
- Using illegal drugs, such as cocaine

Heart Attack Symptoms:

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that can last more than a few minutes, or that goes away and comes back. It can feel like pressure, pain, squeezing or aching.
- **Discomfort in other areas of the upper body:** Pain or discomfort in one or both arms, back, neck, jaw or stomach.
- **Shortness of breath:** With or without chest discomfort.
- **Other signs:** Cold sweat, nausea, lightheadedness, fatigue, rapid or irregular heartbeats.

If any of these signs are present, CALL 9-1-1.

Stroke Symptoms:

Spot a stroke using F.A.S.T.:

- **Face drooping:** Is one side of the person's face drooping or numb? Ask him or her to smile.
- **Arm weakness:** Is one of the individual's arms weak or numb? Ask him or her to raise both arms. Does one of the arms drift downward?
- **Speech difficulty:** Is the person's speech slurred, or is he or she unable to speak or hard to understand? Ask the individual to repeat a simple sentence to see if he or she can repeat it correctly.
- **Time to call 9-1-1:** If any individual shows these symptoms (even if the symptoms go away), call 9-1-1 immediately.

Sources:
Zywave
American Heart Association

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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