



Heart to heart

At risk for heart disease?
Here's what you need to know.



Heart disease is the leading cause of death in the U.S.¹ The good news is you can lower your risk by knowing the symptoms and making a few lifestyle changes.

What is heart disease?

Heart disease usually involves narrowed or blocked blood vessels anywhere in the body. There are many types of heart disease, including coronary artery disease and congestive heart failure.

Symptoms of heart disease

Be alert to signs like **chest pain or discomfort** when you're active, excited or stressed, or after you've eaten a big meal or been outside in cold weather. If you feel something isn't right, call your doctor.

Checklist for a healthy heart

- Don't smoke.
- Maintain a healthy weight.
- Make healthy food choices.
- Be active at least 150 minutes a week.
- Keep your blood pressure and cholesterol levels under control.
- Find helpful ways to manage or reduce stress.

Protect your heart

Talk to your doctor about your risk for heart disease.



¹ Centers for Disease Control and Prevention website: *Heart Disease Facts* (accessed December 2018): [cdc.gov/heartdisease/facts.htm](https://www.cdc.gov/heartdisease/facts.htm).

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