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America's Heart Disease Burden

- About **600,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**.¹
- Heart disease is the leading cause of death for both men and women. **More than half** of the deaths due to heart disease in 2009 were in men.
- Heart disease is the No. 1 killer of women.
- Coronary heart disease is the most common type of heart disease, killing more than **385,000 people** annually.
- Every year about **715,000 Americans** have a heart attack. Of these, 525,000 are a first heart attack and 190,000 are re-current heart attack.
- Coronary heart disease alone costs the United States **\$108.9 billion** each year. This total includes the cost of health care services, medications, and lost productivity.

Early Action is Key

Heart attacks have several **major warning signs** and symptoms:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats.
- Women may experience dizziness, lightheadedness, fainting, upper back pressure or extreme fatigue.

*About 47% of sudden cardiac deaths occur outside a hospital.
Action on early warning signs is the key to save life and
reduce complications.*

Am I at Risk for Heart Disease?

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease

...About half of Americans (49%) have at least one of these three risk factors...

Following medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use



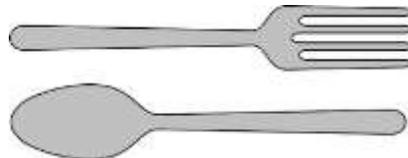
Protect Your Heart



- Lowering you blood pressure and cholesterol
- Preventing and managing Diabetes
- Learning signs & symptoms of a heart attack or stroke
- Be Active
- Maintaining healthy weight
- Healthy eating
- Stop smoking. Don't smoke. If you smoke, quit as soon as possible. Visit www.cdc.gov/tobacco and www.smokefree.gov for tips on quitting.



You could fight heart disease with a fork and a pair of sneakers!



Stroke and TIA (Transient Ischemic Attack)

Stroke

- Stroke is the No. 3 cause of death in America. It's also a major cause of severe, long-term disability.
- Stroke and TIA happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes.
- If you have any of these signs, don't wait more than 5 minutes before calling for help. Call 9-1-1 to get help fast
- Not all of these warning signs occur in every stroke.

Signs of Stroke and TIAs

- 1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- 2. Sudden confusion, trouble speaking or understanding
- 3. Sudden trouble seeing in one or both eyes
- 4. Sudden trouble walking, dizziness, loss of balance or coordination
- 5. Sudden severe headache with no known cause

Take immediate action!