**Risk Factors**

Some factors make people more likely to have coronary heart disease. The more you have, the more you are at risk.

**Risk Factors You Can Change**

- You have had a heart attack or stroke
- Being 45 years or female 55 years+
- Heart disease in a father or brother before age 55
- In a mother or sister before age 65
- African Americans, Mexican Americans, and American Indians have a higher risk than Caucasians.

**Risk Factors You Can Control**

- Cigarette smoking. Secondhand smoke.
- Blood pressure ≥140/90 mm Hg or you take medicine to lower high blood pressure
- High risk levels for LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides
- Diabetes
- Being overweight. Lack of exercise.
- Other artery diseases (abdominal aortic aneurysm, carotid artery disease, peripheral artery disease)
- Metabolic syndrome. This is having 3 or more of these problems:
  - Waist ≥40 inches for men; ≥35 inches for women
  - Blood pressure ≥130/85 mm Hg
  - HDL-cholesterol <40 mg/dL for men; <50 mg/dL for women
  - Triglycerides ≥150 mg/dL
  - Diabetes
  - Polysaturated fats:
  - Polyunsaturated fats
  - Trans fats

**Fats**

- Some fats make people more likely to have coronary heart disease. The more you have, the more you are at risk.

**Exercises**

Aim to do an aerobic activity at least 20 minutes a day. Do this 5 or more days a week. The goal during an exercise workout is to reach your target heart rate. (See "Target Heart Rate" box on the next panel.) Even moderate levels of exercise will be good for the heart.

**Drugs**

- If you have reached your target heart rate, check your pulse. Check it 15 minutes after you start your workout.
- Place your fingers (not your thumbs) on one side of your neck below your jawbone. Or, check it on the inside of your wrist.
- Count the number of tiny beats you feel in 10 seconds.
- Find the line with your age (or the closest one to it) in the box below.

**Target Heart Rate**

If you reach your target heart rate during the aerobic part of your workout, your pace is good.

**TIPS:**

- Talk to your doctor before you start to exercise if:
  - You have been inactive for a long time.
  - You are overweight.
  - You are over 35 years old.
  - You have any medical problem.
  - Start out slowly. Build up from there.
- Warm up and cool down with exercise.
- Wait at least 2 hours after you eat to do heavy exercise.
- Vary the exercises you do, so you won’t get bored.

**Fat Chart**

<table>
<thead>
<tr>
<th>Saturated and Trans Fats (Limit or avoid these)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foods made with or fried in hydrogenated or partially hydrogenated oils. Examples are stick margarine, solid shortening, and processed snack foods, such as some cookies and your cracker.</td>
</tr>
<tr>
<td>Animal fats: Lard, shortening, and peanut oil.</td>
</tr>
<tr>
<td>Coconut, palm, and palm kernel oils. Cocoa butter.</td>
</tr>
<tr>
<td>Fat in dairy foods, such as butter, cream, and milk.</td>
</tr>
<tr>
<td>Monounsaturated Fats (Use these in moderation)</td>
</tr>
<tr>
<td>Canola, olive, and peanut oils.</td>
</tr>
<tr>
<td>Fat in avocados, almonds, peanuts, and pecans.</td>
</tr>
<tr>
<td>Monounsaturated Polynsaturated Fats (Use these in moderation)</td>
</tr>
<tr>
<td>Salt, sunflower, soybean, and safflower oils.</td>
</tr>
<tr>
<td>Safflower oil, sunflower oil, and soybean oil.</td>
</tr>
<tr>
<td>Vegetable and egg oil.</td>
</tr>
</tbody>
</table>

**Put this on your refrigerator. Use it as a daily guide to healthy food choices. Use this when you make your grocery list, too.**

- Whole-grain breads, cereals, and pastas.
- Whole-grain rice and pasta.
- Beans, lentils, and soybeans.
- Fresh fruits and vegetable.
- Fresh fish, vegetables.
- Fruits canned in juice or water.
- Skim, 1/2%, and nonfat milks.
- Dry nonfat milk.
- Nonfat and low-fat yogurts.
- Soy milks and yogurts.
- Rice milk. Almond milk.
- Part-skim and nonfat cheeses. Choose ones with 3 g or less of fat per serving.
- Non fat sour cream and cheese.
- Nonfat ice cream and frozen yogurt.
- Egg substitutes, egg whites (3 to 5 egg yolks/week).
**Heart Health**

**What You Need To Know**

**Permafold® Topics**

1. Risk Factors
2. Exercise
3. Eat Healthy
4. Deal with Stress
5. Other Heart Health Tips
6. Heart Conditions
7. Heart Attack Warning Signs

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**1. Risk Factors**

Some factors make people more likely to have coronary heart disease. The more risk factors you have, the more you are at risk.

- High blood pressure
- High cholesterol levels
- Family history of heart disease
- Diabetes
- Smoking
- Obesity
- Physical inactivity
- High stress levels

**2. Exercise**

Aim to do an aerobic activity at least 20 minutes a day. Do this 5 or more days a week. The goal during aerobic part of your workout is good for the heart.

- Start out slowly. Build up from there.
- Fresh, fruit
- Wait at least 2 hours after you eat to do heavy exercise.
- Salads
- Eggs

**3. Eat Healthy**

- Have 5 to 9 or more servings of fruits and vegetables every day!
- Choose foods low in saturated fat and with zero trans fat. These raise LDL (bad) cholesterol in the blood more than anything else in the diet.
- Read food labels. Trans fats are in foods that have hydrogenated oils.
- Eat foods with plant sterols and stigmas, such as margarines and salad dressings made with these.

*Choose monounsaturated and polyunsaturated fats.*

(Read the chart below.)

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**Heart Attack Warning Signs**

- Chest pain or pressure
- Shortness of breath
- Unusual fatigue
- Nausea or vomiting
- Cold sweat
- Dizziness

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**Target Heart Rate Zone**

<table>
<thead>
<tr>
<th>Age</th>
<th>Approximate Beats Per 10 Seconds</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>20 to 27</td>
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<tr>
<td>25</td>
<td>19 to 26</td>
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<td>30</td>
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<td>10 to 17</td>
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<td>55</td>
<td>8 to 15</td>
</tr>
<tr>
<td>60</td>
<td>6 to 13</td>
</tr>
</tbody>
</table>

**TIPS:**

- Talk to your doctor before you start to exercise if:
  - You have been inactive for a long time.
  - You are overweight.
  - You are over 35 years old.
  - You have any medical problems.
  - Start out slowly. Build up from there.
  - Warm up and cool down with exercise.
  - Wait at least 2 hours after you eat to do heavy exercise.
  - Vary the exercises you do, so you won’t get bored.

---

**Eating Guide**

Put this on your refrigerator. Use it as a daily guide to heart healthy food choices. Use this when you make your shopping list each day.

- Whole-grain breads, cereals, and pastas (Examples: Oatmeal, shredded wheat, etc.)
- Wheat bread and oat bran
- Fresh, low-fat muffins, such as bran
- English muffins
- Bagels
- Raw, fresh, or cooked vegetables
- Salads with vinegar and lemon juice or small amounts of mono-and polyunsaturated oils
- Frozen vegetables (not in butter or cheese sauce) and some fruits
- Fresh fruit

**Fat Chart**

**Saturated and Trans Fats.** Limit or avoid these.

- Foods made with or fried in hydrogenated or partially hydrogenated oils. Examples are stick margarine, solid shortening, and processed snack foods, such as cookies and crackers.
- Animal fats: Lard, shortening, and beef fats.
- Coconut, palm, and palm kernel oils. Cocoa butter.
- Fat in dairy foods, such as butter, cream, and milk

**Other Fats.** Limit these in moderation.

- Canola, olive, and peanut oils.
- Fat in avocado, almonds, peanuts, and pecans
- Polyunsaturated Fats. (Use these in moderation.)
- Sunflower, corn, sunflower, and safflower oils
- Soybeans and safflower oils
- Walnuts, canola, and sunflower seeds

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**Risk Factors You Can’t Change**

- You have had a heart attack or stroke
- Being male 45 years or female 55 years
- Heart disease in a father or brother before age 55; in a mother or sister before age 65
- Race. African Americans have a higher risk than Caucasians.

---

**Risk Factors You Can Control**

- Cigarette smoking. Secondhand smoke.
- Blood pressure 140/90 mm Hg or you take medicine to lower high blood pressure
- High risk levels for LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides
- Diabetes
- Being overweight. Lack of exercise.
- Other artery diseases (abdominal aortic aneurism, carotid artery disease, peripheral artery disease)
- Metabolic syndrome. This is having 3 or more of these problems:
  - Waist size 40 inches or more; for women
  - Blood pressure 130/80 mm Hg or higher
  - HDL-cholesterol <40 mg/dl for men; <50 mg/dl for women

Body builders work out to make muscles in their bodies stronger. The heart is a muscle. Exercise makes it stronger, too. Exercise also does these things:

- Helps make blood get to the heart and more oxygen get to the lungs.
- Lowers the chance of a blood clot in the arteries.
- Helps lower blood pressure.
- Helps you sleep.

The best exercise for the heart is one that makes it beat faster and helps the lungs take in more oxygen. This is called aerobic exercise. Aerobic exercises include:

- Walking fast
- Step aerobics
- Jumping rope
- Cross country skiing
- Jogging

To find out if you reach your target heart rate, check your pulse. Check it 10 minutes after you start your workout.

- Place your fingers (not your thumbs) on one side of your neck below your jawbone. Or, check it on the inside of your wrist.
- Count the number of tiny beats you feel in 10 seconds.
- Find the line with your age (or the closest one to it) in the box below.
- Is the number of beats you counted in 10 seconds in the range of numbers on the line next to your age? If so, you have reached your target heart rate.
1. Risk Factors
Some factors make people more likely to have coronary heart disease. The more of these factors you have, the more you are at risk.

Risk Factors You Can’t Change
• You have had a heart attack or stroke.
• Being male 45 years or female 55 years+.
• Heart disease in a father or brother before age 55; in a mother or sister before age 65.
• Race: African Americans have a higher risk than Caucasians.

Risk Factors You Can Control
• Cigarette smoking. Secondhand smoke.
• Blood pressure ≥140/90 mm Hg or you take medicine to lower high blood pressure
• High risk levels for LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides
• Diabetes
• Being overweight. Lack of exercise.
• Other artery diseases (abdominal aortic aneurysm, carotid artery disease, peripheral artery disease)
• Metabolic syndrome. This is having 3 or more of these problems:
  - Waist size ≥40 inches for men; ≥35 inches for women
  - Blood pressure ≥130 mm Hg systolic and ≥85 mm Hg diastolic or you take medicine to lower blood pressure
  - A fasting blood sugar ≥100 mg/dL or you have diabetes
  - Triglycerides ≥150 mg/dL
  - HDL-cholesterol <40 mg/dL, for men; <50 mg/dL, for women

Body builders work out to make muscles in their bodies stronger. The heart is a muscle. Exercise makes it stronger, too. Exercise also does these things:
• It helps more blood get to the heart and more oxygen get to the lungs.
• It lowers the chance of blood clots in the arteries.
• It helps lower blood pressure.
• It lowers stress.

2. Exercise
Aim to do an aerobic activity at least 20 minutes a day. Do this 5 or more days a week. The goal during an aerobic workout is to reach your target heart rate. (See “Target Heart Rate” box on the next panel.) Even moderate levels of exercise will be good for the heart.

Target Heart Rate
If you reach your target heart rate during the aerobic part of your workout, your pace is good.

To find out if you reach your target heart rate, check your pulse. Check it 10 minutes after you start your workout.
• Place your fingers (not your thumb) on one side of your neck below your jawbone. Or, check it on the inside of your wrist.
• Count the number of tiny beats you feel in 10 seconds.
• Find the line with your age (or the closest one to it) in the box below.
• Is the number of beats you counted in the range of numbers on the line next to your age? If so, you have reached your target heart rate.

Target Heart Rate Zone

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Approximate Beats Per 10 Seconds</th>
</tr>
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<tbody>
<tr>
<td>20</td>
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<td>80</td>
<td>9 to 12</td>
</tr>
<tr>
<td>85</td>
<td>8 to 11</td>
</tr>
</tbody>
</table>

Note: Check with your doctor before you use this target heart rate range. Your range may need to be lower for medical reasons.

3. Eat Healthy

To eat heart healthy foods, follow these guidelines:

• Choose a diet rich in plant-based foods. These include:
  - Vegetables without added salt or fat
  - Fruits without added sugars
  - Legumes (beans, peas and lentils)
  - Whole grain bread, cereal and pasta
  - Nuts and seeds
• Focus on eating whole grains and getting dietary fiber. Plant, not animal, foods have fiber:
  - Oats, bran, kidney and other beans, lentils, apples, and carrots have a type of fiber that helps lower cholesterol.
  - Fruits (from wheat, rice, and eye), nuts, seeds, vegetables and have another type of fiber. This helps prevent constipation.
  - Have 30-38 g of dietary fiber if you are a man; 21-25 g a day if you are a woman.

• Limit or avoid unhealthy fats, and replace with healthier kinds of fats (see “Eating Guide”).

• Limit sugar:
  - Choose water over soda and other drinks with added sugar.
  - Make fruit your everyday dessert.

Read the “Nutrition Facts” label for dietary fiber and added sugar content.

Tips:
• Talk to your doctor before you start to exercise if:
  - You have been inactive for a long time.
  - You are overweight.
  - You are over 35 years old.
  - You have any medical problems.
  - Start out slowly. Build up from there.
  - Warm up and cool down with exercise.
  - Wait at least 2 hours after you do a heavy exercise.
  - Vary the exercises you do, so you won’t get bored.

Put this on your refrigerator. Use it as a daily guide to heart healthy food choices. Use this when you make your grocery list too.

• Whole-grain breads, cereals, and pastas:
  - (Examples: Oatmeal, shredded wheat, etc.)
• Wheat bran and oat bran
• Fresh fruits and whole fruits
• Fresh fruits and dried fruits
• Raw, fresh, or cooked vegetables
• Salads with vinegar and lemon juice or small amounts of mono- and polyunsaturated oils
• Frozen vegetables (not in butter or cheese sauce)
• Fresh milk and low-fat milk
• Fresh fruit juices
• Fruit canned in juice or water

Eating Guide

• Skin: 1/2" thick, not molted. Dry molted milk.
• Nonfat and low-fat yogurts
• Soy milks and yogurts
• Rice milk. Almond milk.
• Part-skim and nonfat cheeses. Choose ones with 1/2 to 1/3 Animal of fat or less/ounce
• Nonfat sour cream and cream cheese
• Nonfat ice cream and frozen yogurt
• Egg substitutes, egg whites (3 to 5 egg yolks/week)
Eating Guide

- Dry beans, peas, lentils (cooked or in soups, etc.)
- Soybeans, tofu (soy bean curd), miso
- Almonds and walnuts
- Flat seeds, psyllium seeds, sunflower seeds
- Fresh, frozen, and canned fish, such as salmon, tuna, etc.
- Eat fish 2 or more times a week
- Baked and broiled chicken, turkey, etc.

Limit total sodium from salt and sodium in foods to 2,300 milligrams (mg) per day; 1,500 mg if you have high blood pressure, any African American, or other middle-aged or older. You easily get this amount from foods without adding salt at the table.

Tips to Deal With Stress

- Learn ways to relax, like deep breathing.
- Balance work and play.
- Control negative thinking.
- Laugh more.
- Avoid needless quarrels.

4. Deal with Stress

Stress makes the heart work harder. Stress raises blood chocolate. Some people who respond to stress in an angry, hostile, or aggressive way tend to suffer more heart attacks.

5. Other Heart Health Tips

- Get regular medical checkups. Get your blood pressure checked at each office visit or at least every 2 years. Get your blood cholesterol tested at least every 5 years (if you have heart disease or risk factors). Don’t smoke. If you smoke, quit.
- Get to or stay at a healthy body weight.
- Take medicines as prescribed.
- Ask your doctor about taking a low dose of aspirin (e.g., 1 baby aspirin daily). If you have diabetes, follow your treatment plan. If you don’t have diabetes, learn how to prevent and detect it from www.diabetes.org.
- Manage anger, anxiety, depression, and stress.
- Nurture your heart with healthy emotions and a strong support system from family and friends.

6. Heart Conditions

- Coronary Artery Disease (CAD)
- Heart disease is a common term for coronary artery disease (CAD). It is the leading cause of death in the U.S. for both men and women. With heart disease, arteries that supply blood to the heart become clogged with deposits called plaques. Cholesterol is part of the plaque. Over time, the buildup of plaque restricts blood flow to the heart. This can cause the problems that follow.

Heart Failure

With this, the heart doesn’t get enough blood. It “fails” to supply enough blood and oxygen for the body’s needs. This develops over time. It becomes a chronic condition.

Symptoms of Heart Failure
- Feeling very tired or weak
- Swelling in the lower legs, ankles, and feet
- Shortness of breath, trouble breathing, or arm or leg pain without chest pain
- Fast or uneven heartbeat
- Pale, gray, or clammy skin

Angina

With this, the heart muscle does not get enough blood and oxygen needed for a given level of work.

Symptoms of Angina
- Pain, discomfort or a squeezing pressure in the chest.
- Aching in a tooth, an arm, a jaw, or in the neck.
- Symptoms may come when you get angry or excited. They are more likely to come when you exert yourself (climb a hill, run to catch a bus, etc.). They usually go away with rest and/or nitroglycerin. This is medicine a doctor prescribes.

Signs More Likely to Occur in Women
- Fast or uneven heartbeat or pulse; sweating for no reason; pain, or shortness of breath.
- Common Cold
- Throat soreness, trouble breathing, or arm or leg pain without chest pain
- Fat or uneven heartbeat

7. Heart Attack Warning Signs

For any heart attack warning sign, call 9-1-1 or your local EMS.

Common Heart Attack Warning Signs
- Feeling of pain (may spread to the arm, neck, jaw, tooth, or the back; sometimes nausea, lightheadedness, nausia, or sweating; unusual chest, abdominal, or stomach pain. Call 9-1-1 immediately.

Signs More Likely to Occur in Women
- An uneasy feeling in the chest with any problem; or pale, gray, or clammy skin
- For More Information, Contact:
- American Heart Association
  800.222.7337 • www.americanheart.org
- For More Information, Contact:
- National Heart, Lung, and Blood Institute
  www.nhlbi.nih.gov

Limit total sodium from salt and sodium in foods to 2,300 milligrams (mg) per day, 1,500 mg if you have high blood pressure, any African American, or are middle-aged and older. You easily get this amount from foods without adding salt at the table.

4. Deal with Stress

Stress makes the heart work harder. Stress raises blood cholesterol, and people who respond to stress in a hostile, angry way tend to suffer more heart attacks.

Tips to Deal With Stress

• Learn ways to relax, like deep breathing.
• Balance work and play.
• Control negative thinking.
• Don’t let emotions get the best of you.
• Laugh more.
• Avoid needless quarrels.

5. Other Heart Health Tips

• Get regular medical checkups. Get your blood pressure checked at each office visit or at least every 2 years. Get your blood cholesterol tested at least every 5 years (or yearly if you have heart disease or diabetes).
• Don’t smoke. If you smoke, quit.
• Get or stay at a healthy body weight.
• Take medicines as prescribed.
• Ask your doctor about taking a low dose of aspirin (e.g., 1 baby aspirin daily).
• If you have diabetes, follow your treatment plan. If you don’t have diabetes, learn how to prevent and detect it from www.diabetes.org.
• Manage anger, anxiety, depression, and stress.
• Nurture your heart with healthy emotions and a strong support system from family and friends.

6. Heart Conditions

Coronary Artery Disease (CAD)

Heart disease is a common term for coronary artery disease (CAD). It is the leading cause of death in the U.S. for both men and women. With heart disease, arteries that supply blood to the heart become clogged with deposits called plaque. Clogged plaque is part of the plaque. Over time, the buildup of plaque restricts blood flow to the heart. This can cause the problems that follow.  

Heart Failure (HF)

With this, the heart doesn’t get enough blood. “It fails” to supply enough blood and oxygen for the body’s needs. This develops over time. It becomes a chronic problem.

Symptoms of Heart Failure

• Shortness of breath.
• Feeling very tired or weak.
• Swelling in the lower legs, ankles and feet. Shoes can feel too tight all of a sudden.
• Rapid weight gain.
• Dry cough or with pink, frothy mucus

Heart Attack

With this, the heart doesn’t get enough blood. for a period of time. Part or all of the heart muscle dies. A heart attack can occur with heavy activity. It can occur at rest or during sleep. Too, Heart attack warning signs are given on the next panel.

7. Heart Attack Warning Signs

Common Heart Attack Warning Signs

• Feeling of pain (may spread to the arm, neck, jaw, teeth, or back, sometimes with nausea, sweat, or discomfort in the chest). A heart attack damages the heart muscle. Angina does not.

Angina

With this, the heart muscle does not get enough blood and oxygen needed for a given level of work. 

Symptoms of Angina

• Pain, discomfort or a squeezing in the chest.
• Aching with the next panel. A heart attack damages the heart muscle. Angina does not.

For any heart attack warning sign, call 9-1-1 or your local EMS.

Signs More Likely to Occur in Women

• An uneasy feeling in the chest with any problem listed above or with: Unexplained or extreme shortness of breath, fatigue, unusual heartbeats, or severe indigestion that does not go away with an antacid.
Follow your doctor’s advice for taking vitamins, minerals, and herbal products.

Eating Guide

- Dried beans, peas, lentils (cooked or in soups, etc.)
- Soybeans, tofu (soy bean curd), miso
- Almonds and walnuts
- Flax seeds, psyllium seeds, sunflower seeds

- Fresh, frozen, and canned fish, such as salmon, sardines, tuna, etc.
- Eat fish 2 or more times per week
- Baked and broiled chicken, turkey, etc.
- (Remove skin before eating.)
- Salad dressings and margarines with plant oils or sterols (such as Benecol® and Take Control® brands)
- Vegetable oils (oil and fats in small amounts), low-fat soft and liquid margarines
- Nonfat and low-fat salad dressings
- Sandwiches with lean meats (turkey, ham, chicken, or vegetables)
- Vegetarian barbeque
- Deseeded and peeled soups and stewes. (Use more vegetables, beans, pasta, etc.)
- Bunches, lasagna, pizza, etc. (with more vegetables and less meat and cheese).
- Frozen fruit bars, Sherbert
- Low-fat crackers (mushroom, graham, etc.)
- Air-popped or low-fat microwave popcorn
- Rice cakes. Unsalted pretzels
- Angel food cake. Fat-free puddings

Limit total sodium from salt and sodium in foods to 2,300 milligrams (mg) per day. 1,500 mg of sodium have high blood pressure, any African American, or those middle-aged and older. You easily get this amount from foods without adding salt at the table.

4. Deal with Stress

Stress makes the heart work harder. Stress raises blood cholesterol and triglycerides. People who respond to stress in a hostile, angry way tend to suffer more heart attacks.

5. Other Heart Health Tips

- Get regular medical checkups. Get your blood pressure checked at each office visit or at least every 2 years. Get your blood cholesterol tested at least every 5 years (if you have heart disease or diabetes).
- Don’t smoke. If you smoke, quit.
- Get to or stay at a healthy body weight.
- Take medicines as prescribed.
- Ask your doctor about taking a low dose of aspirin (e.g., 1 baby aspirin) daily.
- If you have diabetes, follow your treatment plan. If you don’t have diabetes, learn how to prevent and detect it from www.diabetes.org
- Manage anger, anxiety, depression, and stress.
- Nurture your heart with healthy emotions and a strong support system from family and friends.

6. Heart Conditions

Coronary Artery Disease (CAD)

Heart disease is a common term for conditions that affect the coronary artery disease (CAD). It is the leading cause of death in the U.S. for both men and women. With heart disease, arteries that supply blood to the heart become clogged with deposits called plaque. Plaque is part of the plaque. Over time, the buildup of plaque restricts blood flow to the heart. This can cause the problems that follow.

Heart Failure (HF)

With this, the heart isn’t doing its job. “It fails” to supply enough blood and oxygen for the body’s needs. This develops over time. It becomes a chronic condition.

Symptoms of Heart Failure

- Shortness of breath
- Feeling very tired or weak
- Swelling in the lower legs, ankles, and feet. Shoes can feel too tight all of a sudden.
- Rapid weight gain
- Dry cough or one with pink, frothy mucus
- Fast heartbeat

Hypertension (High Blood Pressure)

- High blood pressure
- High blood pressure
- High blood pressure

7. Heart Attack Warning Signs

Tips to Deal With Stress

- Learn ways to relax, like deep breathing.
- Balance work and play.
- Control negative thinking.
- Don’t let emotions get the best of you.
- Laugh more.
- Avoid needlessly quick.

Angina

With this, the heart muscle does not get enough blood and oxygen needed for a given level of work.

Symptoms of Angina

- Pain, discomfort or a squeezing in the chest.
- Aching in a tooth, an arm, a jaw, or in the neck.

Symptoms may occur when you get angry or excited. They are more likely to come when you exercise (climb a hill, run to catch a bus, etc.). They usually go away with rest and/or nitroglycerin. This is medicine a doctor prescribes.

(See “Angina symptoms can also be signs of a heart attack.” On the next page.) A heart attack damages the heart muscle. Angina doesn’t.

Common Heart Attack Warning Signs

- Feeling of pain (may spread to the arm, jaw, teeth, tongue, burning, or squeezing) in the chest that lasts more than a few minutes or goes away and comes back.
- Chest discomfort or aching, burning, squeezing, or heartburn.
- Nausea, nausea, trouble breathing, or arm or jaw pain without chest pain
- Fast or uneven heartbeat or pulse; sweating for no reason; pain, pr, or other pain

Signs More Likely to Occur in Women

- An uneasy feeling in the chest with any problem listed above or with Unexplained or extreme exercise discomfort, fatigue, weakness, unusual heartbeats, or severe indigestion that does not go away with an antacid

For more information, contact:

American Heart Association
800.242.8777 • www.heart.org/HEARTORG

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

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