



# AMERICAN HEART MONTH

- RESPONSIBLE FOR 1 IN EVERY 4 DEATHS
  - ACCORDING TO CDC NEARLY 630,000 AMERICANS DIE EACH YEAR FROM HEART DISEASE
  - #1 KILLER OF BOTH MEN AND WOMEN
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## FEW TYPES OF CARDIOVASCULAR DISEASE:

- CONGENITAL HEART DISEASE
- ARRHYTHMIA
- HIGH BLOOD PRESSURE
- CORONARY HEART DISEASE
  - MOST COMMON

## RISK FACTORS:

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- SMOKING

## TO LEAD A MORE HEART-HEALTHY LIFE:

- CUT DOWN ON TAKEOUT
- SHOP FOR GROCERIES MORE
- WALK WHENEVER AND WHEREVER YOU CAN
- QUIT SMOKING
- MAINTAIN A HEALTHY DIET