

February Is

HEART MONTH



Symptoms of common heart conditions

Cardiovascular diseases (CVDs) are the leading cause of death around the world, indicates the Centers for Disease Control and Prevention. Globally, CVDs were responsible for around 19 million deaths in 2022. In the United States, heart disease affects around 128 million adults. Learning to recognize symptoms of potential heart conditions can ensure people know when to take action that may prevent further problems down the road.

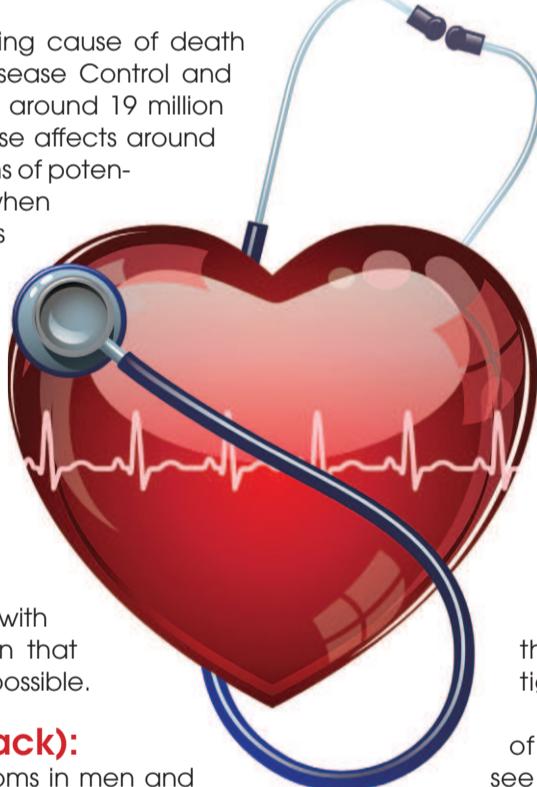
Heart conditions can present in many ways, and symptoms of various conditions can overlap. This general guide, based on data from the Mayo Clinic and the Cleveland Clinic, serves as a warning and not a diagnosis. Those with any sudden, severe or "not right" symptoms are urged to seek immediate medical attention.

• Coronary artery disease:

CAD can result in chest pain (angina), often with exertion. Shortness of breath, fatigue, and pain that may radiate to the arm, jaw, neck, or back are possible.

• Myocardial infarction (heart attack):

A heart attack can produce different symptoms in men and women, so it's best to treat any out-of-the-ordinary signs with cau-



tion. Intense chest pressure or squeezing; pain spreading to arms, jaw, back, or stomach; shortness of breath; nausea; cold sweats, lightheadedness; fatigue; or back pain merit medical attention.

• Heart failure:

Those experiencing heart failure may have persistent shortness of breath; swelling in legs, feet or abdomen; rapid weight gain from fluid retention; fatigue; and difficulty lying flat due to breathing trouble.

• Arrhythmia (irregular heartbeat):

Irregular heartbeat can lead to palpitations or fluttering of the heart; dizziness or fainting; shortness of breath; chest discomfort; and fatigue.

• Atrial fibrillation (AFib):

AFib is an irregular and often rapid heart rhythm that starts in the heart's upper chambers. It can cause fast heartbeat; fatigue; shortness of breath; dizziness; and chest discomfort.

Heart conditions can lead to a variety of symptoms, many of which will overlap. For a thorough diagnosis, it is best to first see a primary care physician, who may then refer patients to a cardiologist.

National Wear Red Day, Friday, February 6

The National Heart, Lung, and Blood Institute and many groups around the country observe

National Wear Red Day®

each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.



Show your support and wear red this Friday!