



AMERICAN HEART MONTH

Cardiac disease is the number-one cause of death in the United States, making it a cause for concern we can all take to heart. You can reduce your risk of developing coronary heart disease by making healthy lifestyle choices and seeing your doctor regularly. Knowing the signs and symptoms of a heart attack is also important, since immediate medical attention is key to ensuring the best possible outcome.

Make these healthy lifestyle choices to reduce your risk of developing coronary heart disease:

- Eat plenty of fresh fruits and vegetables.
- Don't smoke, and avoid exposure to secondhand smoke.
- Choose lean meats and poultry without skin, prepared without added saturated and trans fat.
- Opt for fat-free or low-fat dairy products.
- Moderate your alcohol intake.
- Incorporate physical activity into your daily routine.

Know the signs of a heart attack, and call 911 immediately if you or someone you know experiences these symptoms:

- Chest discomfort, often occurring in the center of the chest, that lasts more than a few minutes or occurs repeatedly.
- Discomfort in other areas of the upper body, such as the arms, back, neck, jaw or stomach.
- Shortness of breath, which may occur with or without chest discomfort.
- Other indicators may include cold sweat, nausea or lightheadedness.

For more information about heart disease and stroke, talk to your doctor or go online to: www.cdc.gov/DHDS

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