

Heart Truth for West Virginians

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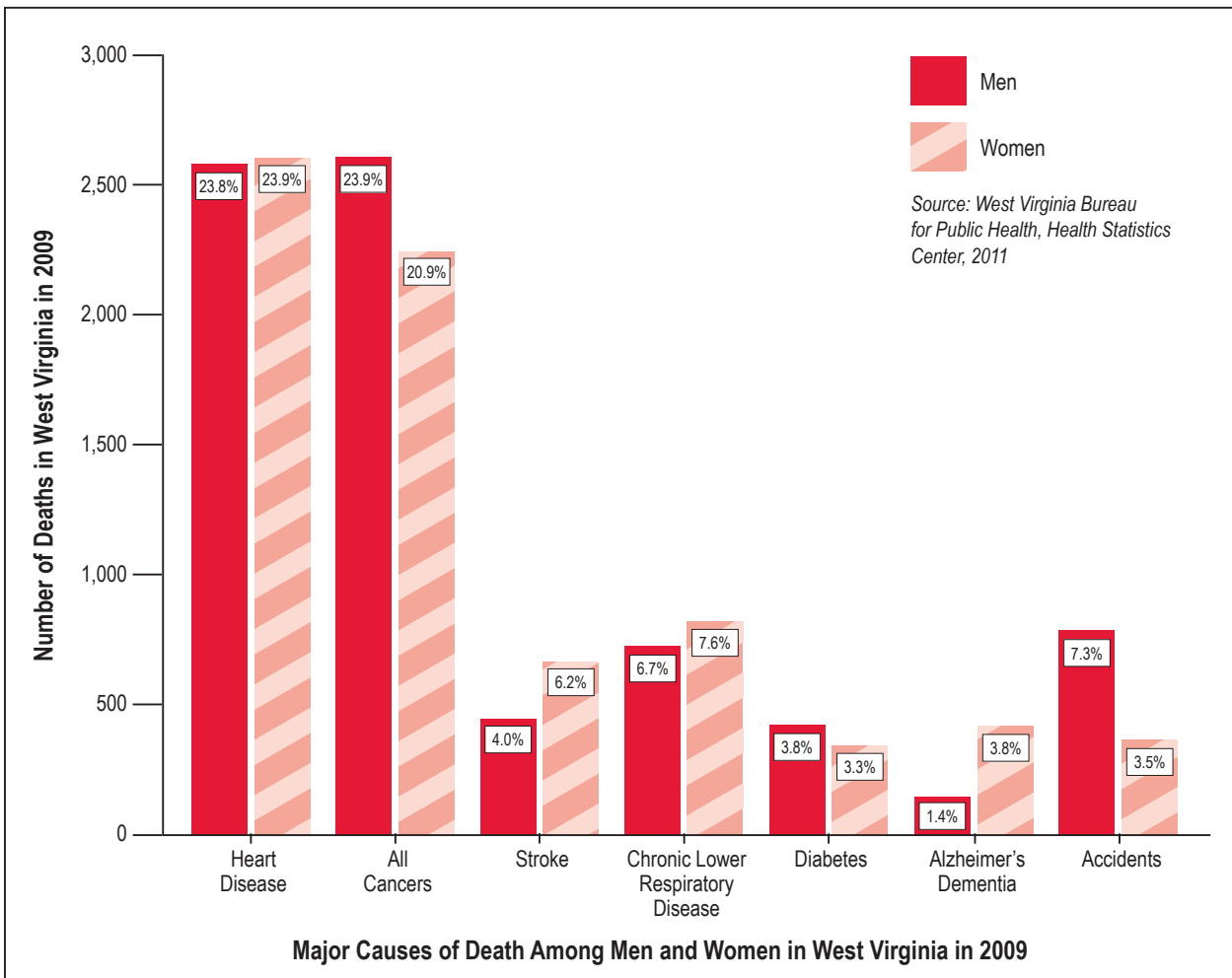
Know the Truth About Heart Disease Risks, Symptoms, and Prevention

- If you have a heart, you could have heart disease.
- West Virginia ranks 4th among all the 50 states for heart disease death rates.
- About one in four persons dies from heart disease.
- Heart disease starts at younger ages than most people think, and the risk rises in middle age.
- It's the number-one killer of men and women.
- Almost two-thirds of U.S. women who die of a heart attack have no previous symptoms.



Know the Differences in Heart Disease for Women and Men

- Compared to men, women are more often diagnosed later in life. So, their heart disease is often more advanced and difficult to treat.
- Women are more likely than men to have “unusual” symptoms.



What's YOUR Risk?

Take a quick quiz to find out your risk of a heart attack. If you don't know some of the answers, check with your health care provider.



1. Are you over age 55? ___ Yes ___ No
 2. Did your father or brother have a heart attack before age 55, OR did your mother or sister have one before age 65? ___ Yes ___ No
 3. Do you smoke? ___ Yes ___ No
 4. Is your blood pressure 140/90 mmHg or higher? ___ Yes ___ No
OR have you been told that your blood pressure is too high? ___ Yes ___ No
 5. Is your total cholesterol 200 mg/dL or higher? ___ Yes ___ No
OR is your HDL (good cholesterol) less than 40 mg/dL? ___ Yes ___ No
 6. Do you have diabetes? Or is your fasting blood sugar 126 mg/dL or higher? ___ Yes ___ No
OR do you need medicine to control your blood sugar? ___ Yes ___ No
 7. Are you overweight? Or do you have a body mass index (BMI) score of 25 or more? ___ Yes ___ No
 8. Do you get less than 30 total minutes of physical activity on most days? ___ Yes ___ No
 9. Has a doctor told you that you have angina (chest pains)? ___ Yes ___ No
 10. Have you had a heart attack? ___ Yes ___ No
- If you answered yes to one or more questions, you are at increased risk of having a heart attack.**



Know These Warning Signs:

Teach them to your friends and family members.

- chest pain any pressure, tightness, or aching
- sweating
- shortness of breath
- pain in one or both arms, the back, neck, jaw, or shoulder
- anxiety
- fatigue
- dizziness or lightheadedness
- weakness
- nausea or vomiting
- indigestion

If you show any of these warning signs . . .

- ♥ Get medical help immediately.
- ♥ Call 9-1-1 and get to a hospital right away.
- ♥ Never "wait and see." Any delay can result in lasting damage or death.



Heart disease is preventable

Heart disease is *preventable* – by making healthy lifestyle changes and taking steps to manage risk factors. Many die of a sudden heart attack, complications from heart disease, and become permanently disabled. That's why it is so vital to take action to prevent and control this disease. Start today.

Follow 6 steps to lower your risk:

1. Talk to your doctor about your risk factors and how to reduce them.
2. Eat a low-fat diet - vegetables, fruits, and whole grains.
3. Lose weight.
4. Get active. Fit at least 30 minutes of activity in your day.
5. Stop smoking. Avoid second-hand smoke.
6. Control stress.