



Prevent Heart Disease

What is heart disease?

Heart disease is a disorder of the heart's blood vessels that can lead to a heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart.

Heart disease is one of several cardiovascular diseases, which are diseases of the heart and blood vessel system. It remains the leading cause of death in the United States for adults of all races. Cardiovascular disease, specifically, is the number one killer of African-American women.



What are the risks?

Even one of the conditions below puts you at risk. The more you have, the greater the risk.

- High blood pressure
- High blood cholesterol
- Diabetes
- Physically inactive
- Age (Women 55+)
- Smoker
- Overweight
- Family history

How can I prevent heart disease?

Learn the **ABCS** of heart health.

- Ask your doctor if you should take **A**spirin.
- Know your **B**lood pressure numbers and take control of your pressure.
- Manage your **C**holesterol and know your numbers.
- **S**top **S**moking.
- Eat more fruits and vegetables.
- Move 20 minutes a day. Dance, walk, run... just move!

One in four women in the United States dies of heart disease each year.



For More Information

Contact _____

Education For Quality Living | www.eqltoday.com | 702.900.6496

Body&Soul
A Celebration of Healthy Eating & Living

EQL
Education for Quality Living

SNHD
Southern Nevada Health District