February is Heart Health Month

MOUNT OLIVE TOWNSHIP
18 71
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Public Health
Prevent. Promote. Protect.
The Township of Mount Olive
Health Department

What is Heart Disease?

"Heart disease", also referred to as "cardiovascular disease", refers to several types of heart conditions. The most common type is coronary artery disease, which can cause a heart attack.

These diseases include:

- blood vessel diseases, such as coronary artery disease
- heart rhythm problems
- and heart defects you're born with (congenital heart defects).

More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country.
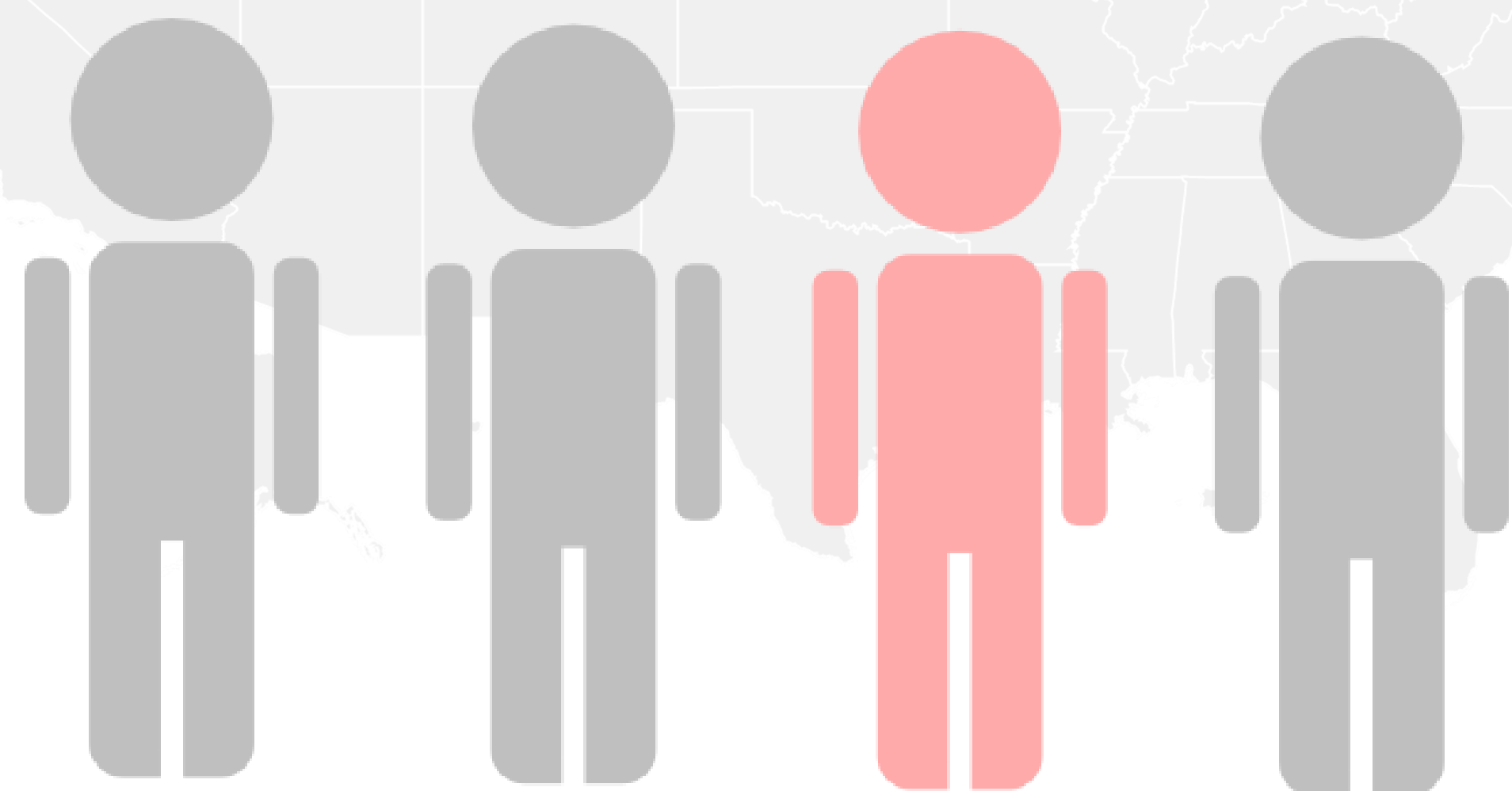
Who is at risk?

Anyone, including children!
When a substance called plaque builds up in your arteries, they can narrow over time, reducing blood flow to the heart.

Other risk factors include:

- Genetic predispositions
- Smoking
- Unhealthy diet
- Lack of exercise

Know the Signs & Symptoms of a Heart Attack

Knowing the warning signs of a heart attack could save a life!
It is important to remember that men and women often experience different symptoms. Women may also experience the same, classic symptoms as men, but they are often times milder. Symptoms may include:
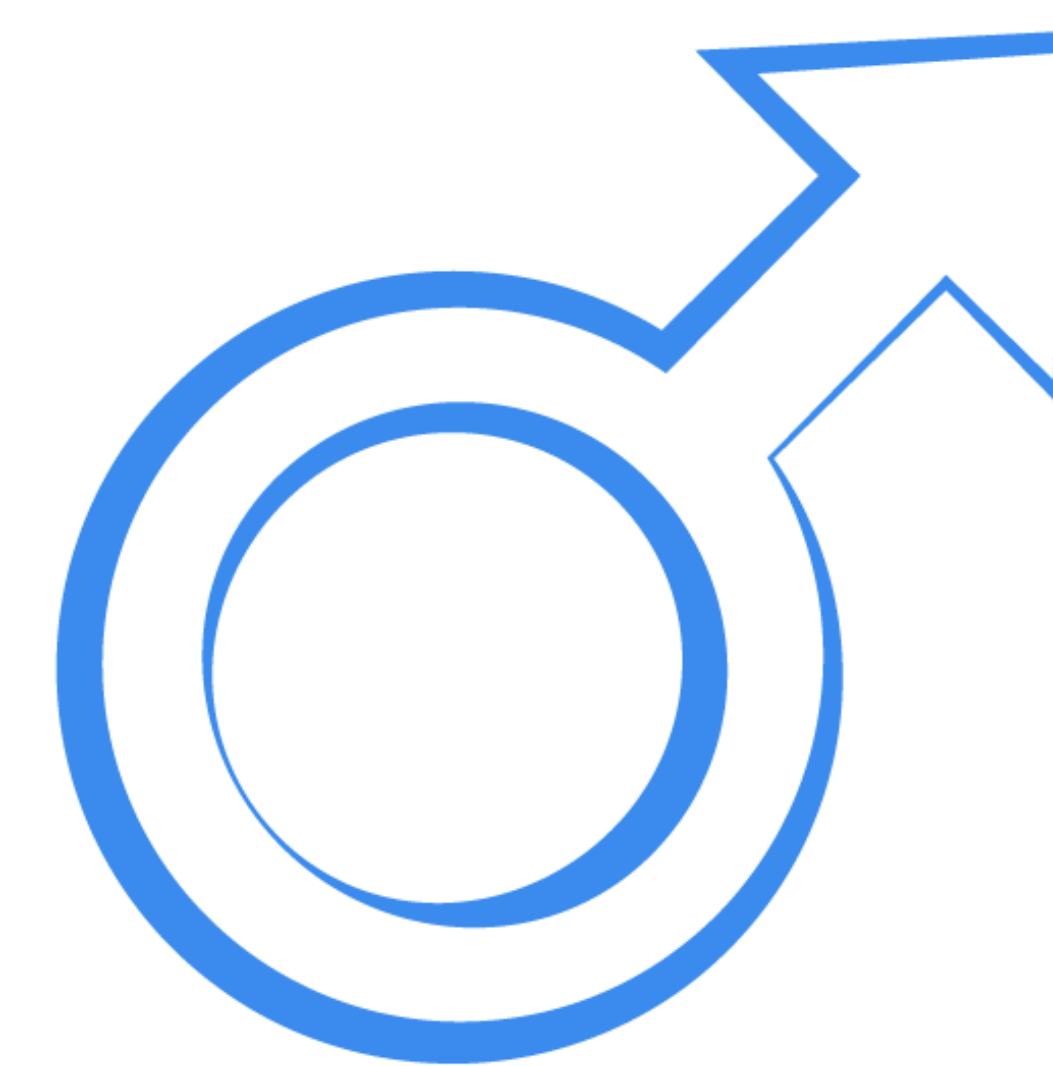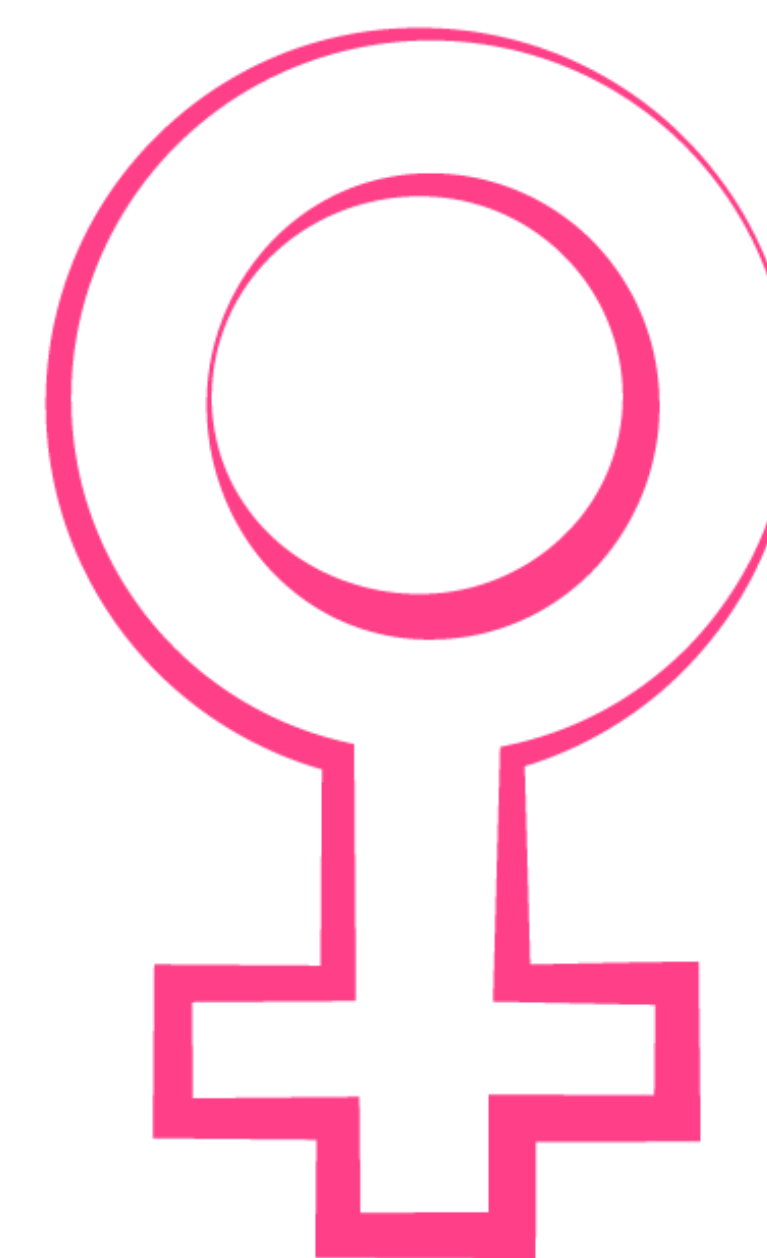
Women	Men
Shortness of breath/difficulty breathing	Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that comes and goes.
Nausea, Vomiting	Pain that spreads to the shoulders, neck and arms.
Back or jaw pain	Shortness of breath
Dizziness	Light-headedness
Unexplained anxiety, weakness or fatigue	Fainting/sweating
Mild flu-like symptoms	Nausea

Heart Disease Prevention and Treatment

Although some heart disease conditions may not be preventable, the same lifestyle changes that are used to prevent heart disease can be the same lifestyle choices that can treat heart disease. Here are a few of the most important prevention and treatment suggestions:

Eat a healthful diet consisting of high fiber fruits, green vegetables and good fats.

Do not smoke and limit your alcohol intake.

Increase your cardiovascular exercise on a daily basis.

Keep up with your health by getting yearly checkups and staying on top of your numbers.

How is Heart Disease Diagnosed?

Several tests can be used to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress tests. Tell your doctor if you have been experiencing any symptoms and ask what tests may be right for you.

For More information