

DID YOU KNOW?

HEART DISEASE ACCOUNTS FOR

1 IN 7 DEATHS
→ IN THE U.S.

The risk of Heart Disease is
HIGHER for AFRICAN
AMERICANS

48% OF AFRICAN
→ WOMEN & 44% OF AFRICAN
→ MEN
HAVE SOME FORM OF HEART DISEASE

PREVENTION CAN SAVE LIVES

Find out how at 1-800-848-5533
or www.oakgov.com/health



NORTH OAKLAND HEALTH CENTER

1200 N. Telegraph, 34E • Pontiac, MI 48341

SOUTH OAKLAND HEALTH CENTER

27725 Greenfield Rd. • Southfield, MI 48076

Nurse On Call: 800.848.5533
OAKGOV.COM/HEALTH



@PUBLICHEALTHOC

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

STANDING TOGETHER TO FIGHT HEART DISEASE



OAKLAND
COUNTY MICHIGAN
HEALTH DIVISION



WHAT IS HEART DISEASE?

Heart disease is the leading cause of death in the United States. Heart disease refers to blood vessels narrowed or blocked by plaque that can lead to a heart attack, chest pain, or stroke. Heart disease can happen at any age, and it can be reversed. Your doctor can do tests to diagnose heart disease. Ask your doctor what tests may be right for you.

SYMPTOMS OF HEART ATTACK

The five major symptoms of a heart attack:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

Other symptoms of a heart attack could include unusual or unexplained tiredness, nausea, or vomiting. Women are more likely to have these other symptoms.

ARE YOU AT RISK?

Anyone, including children, can develop heart disease. The following increases your risk of heart disease:

- Smoking
- Eating an unhealthy diet
- Not getting enough exercise
- High cholesterol
- High blood pressure
- Diabetes



SMALL LIFESTYLE CHANGES ARE THE START OF A HEART HEALTHY FUTURE

HOW IS HEART DISEASE TREATED?

Treatment for heart disease includes changes in lifestyle and/or medication. Heart disease is reversible. Healthy lifestyle behaviors include:

- Healthy eating
- Managing weight
- Exercise
- Quit smoking

Ask your doctor about the best way to treat heart disease.



HEART DISEASE PREVENTION



It is important to learn about individual risk factors for heart disease. Take these actions to lower your risk:

Quit Smoking

If you smoke, quit. Call 1-800-QUIT-NOW for help.

Healthy Eating

Eat a healthy diet. Include lots of fruits and vegetables and foods low in sodium.

Physical Activity

Get moving. Staying physically active will help you control your weight and strengthen your heart. For adults, try walking for 10 minutes, 3 times a day, at least 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity. For kids and youth, strive to be active 60 minutes a day.

Stress Management

Protect yourself from the harmful effects of stress by practicing these healthy habits:

- Get enough sleep
- Eat healthy and exercise
- Avoid smoking, alcohol or caffeine
- Relax daily and prioritize demands
- Maintain a positive attitude and relationships

RESOURCES

CDC Heart Disease Facts

<https://www.cdc.gov/heartdisease/facts.htm>

American Heart Association

<http://www.heart.org/HEARTORG/>