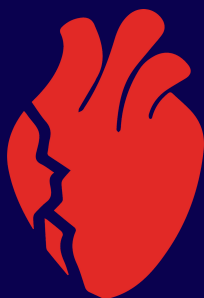




Ref. Centers for Disease and Control



February is **American Heart Month**, a time when all people can focus on their cardiovascular health.



## What is heart disease?

The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

## What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

### Heart attack

Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

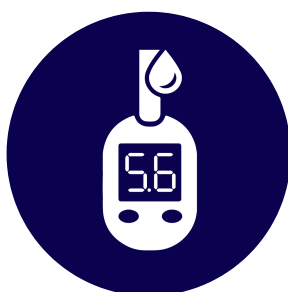
### Arrhythmia

Fluttering feelings in the chest (palpitations).

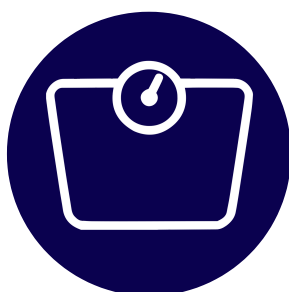
### Heart failure

Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

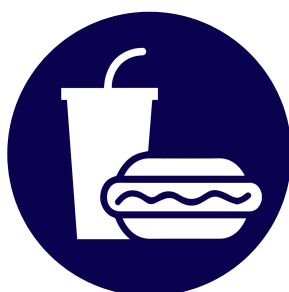
## What are the risk factors for heart disease?



Diabetes



Overweight and obesity



Unhealthy diet



Physical inactivity



Excessive alcohol use