



LEARN ABOUT

HEART DISEASE

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

What is Heart Disease?

Heart disease happens when your heart isn't working properly. It can make it harder for your heart to pump blood through your body. This may occur if your blood vessels are blocked or narrow, your heartbeat is irregular, or your heart muscle is weak.

What Increases the Risk of Heart Disease?

Uncontrolled High blood pressure, eating too much salty or greasy foods, not getting enough exercise, smoking or breathing in secondhand smoke, stress, diabetes, obesity, and high Cholesterol.

Signs to Watch For:

- Chest pain or tightness
- Feeling very tired all the time
- Trouble breathing
- Swelling in feet or legs
- Fast or uneven heartbeat

Prevention and Management

Eat fruits, veggies, and whole grains, walk, dance, or play for 30 minutes a day, don't smoke and stay away from people who do, keep a healthy weight, and go to the doctor for checkups.

Heart Condition	Definition
Coronary Artery Disease (CAD)	When fat and plaque block blood flow to the heart, it can cause chest pain or a heart attack.
Heart Rhythm Problems (Arrhythmias)	The heart may beat irregularly. Some cases are mild, others dangerous.
Heart Failure	A weak heart can't pump enough blood, often due to past damage or illness.
Congenital Heart Defects	Some people are born with heart problems, like holes or parts that didn't form correctly.
Cardiomyopathy	The heart muscle gets too weak or too thick, making it hard for the heart to pump blood.
Valvular Heart Disease	Heart valves that don't open or close properly can slow or reverse blood flow.