

# HEART MONTH

FEBRUARY 2023





# WOMEN & HEART DISEASE

Despite increases in awareness over the past decades, only about half (56%) of women recognize that heart disease is their number 1 killer.

- Heart disease is the leading cause of death for women in the United States, killing 314,186 women in 2020—or about 1 in every 5 female deaths.
- Heart disease is the leading cause of death for African American and white women in the United States. Among American Indian and Alaska Native women, heart disease and cancer cause roughly the same number of deaths each year. For Hispanic and Asian or Pacific Islander women, heart disease is second only to cancer as a cause of death.
- About 1 in 16 women age 20 and older (6.2%) have coronary heart disease, the most common type of heart disease
- About 1 in 16 white women (6.1%), black women (6.5%), and Hispanic women (6%)
- About 1 in 30 Asian women (3.2%)

For more information or if you have any health concerns please consult your doctor.

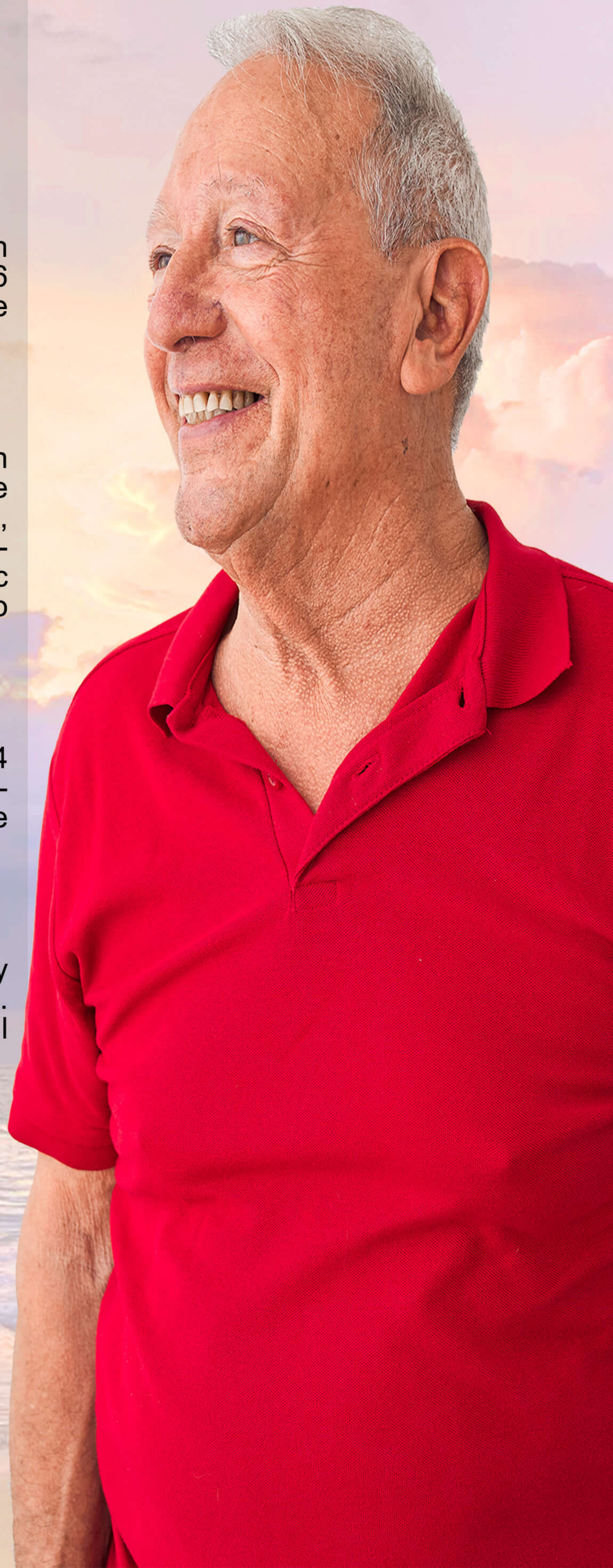




# MEN & HEART DISEASE

- Heart disease is the leading cause of death for men in the United States, killing 382,776 men in 2020—that's about 1 in every 4 male deaths.
- Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

For more information or if you have any health concerns please consult your doctor.





# WHAT ARE THE RISK FACTORS FOR HEART DISEASE?

About half of people in the United States (47%) have at least one of these three risk factors.

- High Blood Pressure
- High Blood Cholesterol
- Smoking

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight & Obesity
- Unhealthy Diet
- Physical Inactivity
- Excessive Alcohol Use

For more information or if you have any health concerns please consult your doctor.





# SYMPTOMS OF HEART DISEASE

## Mens Symptoms

- Chest Pain
- Upper Back Pain
- Neck Pain
- Indigestion
- Heartburn
- Nausea
- Vomiting
- Extreme Fatigue
- Upper Body Discomfort
- Dizziness
- Shortness of Breath
- Chest Palpitations
- Swelling of Feet
- Swelling Ankles
- Swelling Abdomen

## Womens Symptoms

- Dull Chest Pain
- Sharp Chest Pain
- Heavy Chest Pain
- Neck Pain
- Jaw Pain
- Throat Pain
- Upper Abdomen Pain
- Back Pain
- Nausea
- Vomiting
- Fatigue

Sometimes heart disease may be “silent” and not diagnosed until you have emergencies, including: Heart Attack, Arrhythmia, or Heart Failure.

**If you have any of these symptoms, please call 9-1-1 right away**