Heart Disease, also known as Cardiovascular Disease, is a broad term that describes the different diseases that can occur in your heart and blood vessels. There are several diseases that fall into the category of Heart Disease. They include:

1. High Blood Pressure
2. Coronary Heart Disease
3. Stroke
4. Heart Failure
5. Heart Attack

You have heart disease when you have one or more of the above.

An estimated 79,400,000 American adults (1 in 3) have 1 or more types of Heart Disease. Of these, 37,500,000 are estimated to be age 65 or older. See the chart below for statistics.

With Heart Disease being the number one cause of death in people 65 and older, prevention is the first step you can take to benefit yourself.

What can you do?

1. Talk to your Doctor
2. Eat Less if Overweight
3. Stop Smoking
4. Lower Your Cholesterol
5. Lower High Blood Pressure
6. Get Regular Exercise

Helpful Websites

www.americanheart.org
www.strokeassociation.org
www.heartfailure.org
www.mayoclinic.com

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