



# Roses are red... and so is the heart. Eat well, exercise and you will live a healthy Life!



The most common type of heart disease in the U.S. is coronary artery disease, which affects the blood flow to the heart and can cause a heart attack.

*Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms.*



**Arrhythmia:** Palpitations, fluttering feelings in the chest.

**Heart Failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen or neck veins.

**Heart Attack:** chest pain, upper back or neck pain, indigestion, heartburn, nausea, extreme fatigue and the shortness of breath.



*Prevent heart disease by choosing healthy habits.*

- Get regular physical activity (150 min per week)
- Choose healthy foods and drinks (fruits and vegetables)
- Keep a healthy weight
- Do not smoke

By living a healthy lifestyle, you can keep your blood pressure, cholesterol and blood sugar levels within a normal range and **LOWER your RISK** for heart disease and heart attacks.

## *Know your risk factors for heart disease*

- High blood pressure
- High blood cholesterol
- Smoking



*Other medical conditions and lifestyle choices also put you at higher risk such as:*

- Diabetes - Overweight - Unhealthy diet
- Physical inactivity - Alcohol abuse



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