

Approximately 630,000 Americans die of heart disease each year. Coronary artery disease is the most common type of heart disease, which can cause a heart attack.

Risk Factors

- Plaque build-up in arteries can cause the arteries to narrow over time and reduce blood flow to the heart.
- Lack of exercise
- Unhealthy diet
- Smoking
- High cholesterol, high blood pressure or diabetes also increase the risk for heart disease.

Signs and Symptoms

- Chest pain that doesn't go away
- Pain or discomfort in the arms or shoulders
- Shortness of breath
- Pain or discomfort to the left jaw, neck or back
- Weakness, lightheadedness, nausea

Prevention is Key

Reduce the Risk

- Maintain a healthy weight
- Eat a healthy diet
- Don't smoke
- Exercise regularly

Those with heart disease can lower their risk of complications with lifestyle changes like those listed above, and/or with medication prescribed by a doctor.