
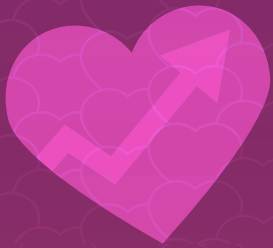


February is  
**American  
Heart  
Month**



**Did you know that heart  
disease is the leading  
cause of death for men  
and women in the  
United States?**

# What are the risk factors for heart disease?



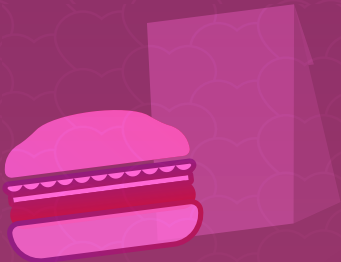
**High blood pressure**

**High blood cholesterol**

**Smoking**



**Unhealthy diet**



**Physical inactivity**

**Diabetes**



# Symptoms of heart disease include:

**Chest pain or discomfort**



**Indigestion**

**Heartburn**

**Shortness of breath**



**Fatigue**



**Fluttering feelings  
in the chest**

**Swelling of the feet,  
ankles, legs or neck**

# **How do you prevent heart disease?**

**Don't smoke**

**Maintain a healthy weight**

**Get regular physical exercise**

**Eat healthy foods**

**Control your blood pressure**

**For more information on how to  
prevent and treat heart disease, please  
contact your health care provider.**