



## February is American Heart Health Month

### Quick Facts

- ♥ Heart disease is the leading cause of death in the United States, and also a major cause of disability.
- ♥ In 2009, an estimated 785,000 Americans had a coronary attack, and about 470,000 will have a recurrent attack.
- ♥ Men and women are affected almost equally.
- ♥ About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.
- ♥ The average age for a first heart attack for men is 66 years.
- ♥ Almost half of men who have a heart attack under age 65 die within 8 years.
- ♥ Heart disease is the leading cause of death among women aged 65 years and older.
- ♥ Heart disease is the third leading cause of death among women aged 25-44 years, and the second leading cause of death among women aged 45-64 years.

### Symptoms

Some heart attacks are sudden and intense. However, most heart attacks start slowly, with mild pain or discomfort. Often, people affected are not sure what is wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ♥ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ♥ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- ♥ **Shortness of breath.** May occur with or without chest discomfort.
- ♥ **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

### Prevention

You can reduce your risk of having a heart attack—even if you already have coronary heart disease (CHD), or have had a previous heart attack. The key is to take steps to prevent or control your heart disease risk factors:

- ♥ Stop smoking
- ♥ Lower high blood pressure
- ♥ Reduce high cholesterol
- ♥ Aim for a healthy weight
- ♥ Be physically active each day
- ♥ Manage diabetes

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Optima Health understands it is not always easy to stay healthy or become healthier. Often, a support system accompanied by a choice of programs can provide the necessary guidance and encouragements. Optima Health offers a wide variety of tools and wellness programs to help you reach your goals and manage your risk factors. They include:

- ♥ Healthy Heart Program
- ♥ Healthy Heart Yoga
- ♥ Heart Chair Yoga
- ♥ Eating For Life
- ♥ Get Off Your Butt: Stay Smokeless For Life

Remember that many cases of heart disease can be prevented! Call **1-800-SENTARA (736-8272)** or visit us on the Web at **[www.optimahealth.com](http://www.optimahealth.com)** for more information.