

# Coordinated Student Health Services

## “Children need to learn to be healthy and be healthy to learn”

Marcia Bynoe, Director

### February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths are caused by heart disease.

The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.



### What is heart disease?

When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries. When plaque blocks the artery, it is hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

### You are at higher risk for heart disease if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

### Some steps you can take to lower your risk of heart disease:

- Eat healthy and get active
- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Take steps to prevent type 2 diabetes
- Manage stress

For additional information:

American Heart Association: <http://www.heart.org/HEARTORG/>

National Institute of Health: <http://www.nhlbi.nih.gov/>

Centers for Disease Control: <http://www.cdc.gov/heartdisease/>

### Common signs of a heart attack include:

- Chest pain (or feeling pressure, squeezing, or fullness in your chest)
- Pain or discomfort in the upper body – like the arms, back, neck, jaw, or upper stomach (above the belly button)
- Trouble breathing (while resting or being active)
- Feeling sick to your stomach or throwing up
- Feeling dizzy, light-headed, or unusually tired
- Breaking out in a cold sweat

**CALL 911 IMMEDIATELY IF YOU OR SOMEONE ELSE HAS SIGNS OF A HEART ATTACK!**



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