



Cardiology Associates of Fairfield County, P.C.

InfoGram TIPS FOR HEART HEALTH February 2006 is Heart Month

Coronary Heart Disease Is America's Number 1 Killer

Prevention

- Don't smoke, and if you do, quit
- Eat for heart health. Aim for a healthy weight.
- Be physically active - Exercise regularly for at least 20 minutes, 3 times a week
- Work with your doctor to improve your blood pressure, cholesterol and blood glucose
- Avoid excessive stress

Risk Factors

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Overweight
- Physical inactivity
- Family history of early heart disease
- Age (55 or older for women)

Learn The Warning Signs. Early Detection Saves Lives.

- Chest Pain or discomfort, possibly radiating to left arm, neck, back or jaw
- Shortness of breath and sweating
- Nausea or lightheadedness

Heart Health Facts

- Heart disease is the #1 killer of American women
- Diseases of the heart and stroke rank as the #1 killer of Latino/Hispanic Americans
- Heart disease disproportionately affects women of color. African American and Hispanic women in particular have high rates of the major risk factors for heart disease, including obesity, physical inactivity, high blood pressure, and diabetes

Information sources: *American Heart Association; National Heart, Lung, and Blood Institute*

CARDIOLOGY ASSOCIATES PROUDLY SUPPORTS AMERICAN HEART MONTH

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