

EMS Safety Bulletin: Heart Disease – What Is It and What Are Your Risk Factors?

Did You Know That

...Every year over 600,000 Americans die from heart disease?

...50% of men and 64% of women who die suddenly of heart disease had no symptoms?

...It's important to know your risk factors and work to minimize your risks?

Do You Have Risk Factors?

Uncontrollable Risk Factors

- Age: 45+ in men; 55+ in women
- Family History: Brother or father diagnosed before 55; Mother or sister diagnosed before 65

Controllable Risk Factors:

- Smoking
- High Blood Pressure
- High Blood Cholesterol
- Weight
- Diabetes

Other Factors

Stress

Menopausal Hormone Therapy

Birth Control Pills

Alcohol

Sleep Disturbances

Unhealthy Diet

What Can You Do?

- Change your eating habits!
- Improve your exercise habits!
- Quit Smoking!
- Know your numbers!
- Talk to your doctor about lowering your risk!

- Check out these additional sites for more information:

www.cdc.gov

www.heart.org

www.choosemyplate.gov



Sources: CDC et al.