Be in the K.N.O.W. about **heart disease**

"Heart disease" refers to any disease that affects your heart. The most common type of heart disease in the United States is coronary artery disease (CAD). CAD affects the blood flow to the heart and can cause a heart attack.

? Did you know?

In 2022, **702,880** people in the United States died from heart disease.

One person dies every **37 seconds** from heart disease

About 1 in 5 heart attacks are silent. The damage is done but the person is not aware of it.

For Pacific Islands, Asian American, American Indian, Alaskan Native, and Hispanic women, **heart disease is second only to cancer.**

Heart disease is the leading cause of death for African American, Hispanic, and white men.

Common risk factors for heart disease include:

- High blood pressure
- Smoking, vaping, and secondhand smoke exposure
- Diabetes
- Unbalanced diet
- Lack of physical activity
- High blood cholesterol
- Kidney disease
- Excessive alcohol use
- Overweight and obesity

Have your doctor:

1. Check your blood pressure
2. Check your blood cholesterol level
3. Check your weight
4. If you're a diabetic, check your blood sugar levels

How to lower your risk:

- Quit smoking
- Exercise
- Limit alcohol
- Eat fruit and vegetables
- Limit salt and fatty foods
- See your doctor regularly
- Take all medications as prescribed by your doctor
- Get healthy sleep

Source: CDC   24-18889

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