



Brought to you by the Holy Family Health Ministry

HARD NUMBERS

By AMERICAN HEART ASSOCIATION NEWS

A sampling of U.S. data from the American Heart Association's 2018 heart disease and stroke statistics report.



103 MILLION

ADULTS WITH HIGH BLOOD PRESSURE

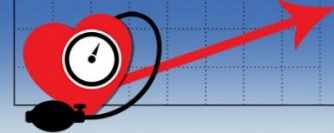


6.5 MILLION

AMERICANS AGE 20 AND OLDER WHO ARE LIVING WITH HEART FAILURE

38 PERCENT

RISE IN THE NUMBER OF HIGH BLOOD PRESSURE DEATHS BETWEEN 2005 AND 2015



1 MILLION

PEOPLE WHO WILL HAVE A HEART ATTACK OR DIE FROM CORONARY HEART DISEASE THIS YEAR

16.5 MILLION

AMERICANS AGE 20 AND OLDER WHO ARE LIVING WITH CORONARY HEART DISEASE

795,000

PEOPLE WHO WILL HAVE A STROKE THIS YEAR

356,000

CARDIAC ARRESTS THAT OCCUR OUTSIDE A HOSPITAL EACH YEAR



23 MILLION

ADULTS WITH TYPE 2 DIABETES

15 PERCENT

ADULTS WHO SMOKED IN 2015



56 MILLION

PEOPLE 40 AND OLDER WHO ARE ELIGIBLE FOR CHOLESTEROL-LOWERING STATINS



38 PERCENT

ADULTS WHO WERE OBESE AS OF 2014



Discomfort or tingling in arms, back, neck, shoulder or jaw



Sudden dizziness



Heartburn-like feeling



Most common IN MEN...

Chest pain



Watch for THE SIGNS

Additional symptoms, most common IN WOMEN...

Cold sweat



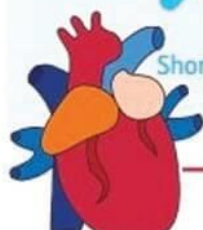
Shortness of breath



Nausea or vomiting



Unusual tiredness





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American Heart Month

LOVE YOUR HEART

Get active

Eat well

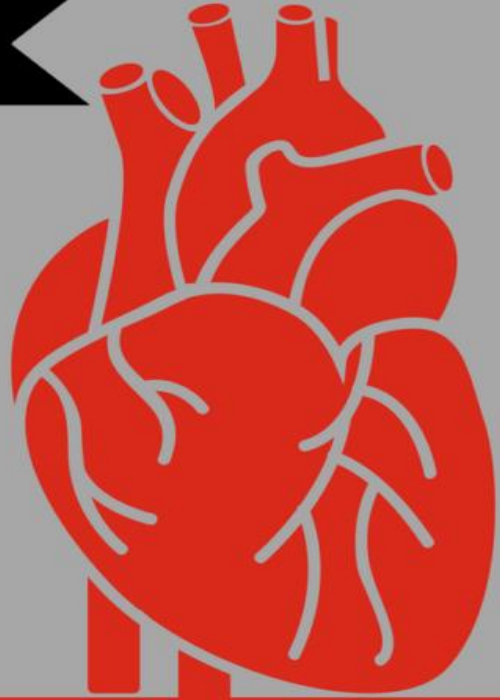
Control cholesterol

Manage blood pressure

Reduce blood sugar

Lose weight

Quit smoking



AMERICAN HEART MONTH



Heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's Heart Disease and Stroke Statistics – 2021 Update.

Covid 19 and the Heart: The impact of the coronavirus on the public's heart health, may include potential harmful effects on the heart and vascular system. (Inflammation of the heart tissue, increased risk for strokes)

Delayed Help: Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes symptoms.

A New Lifestyle: While in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol, and limiting physical activity, that can contribute to heart disease.



Above all else, guard your heart, for everything you do flows from it. [Proverbs 4:23](#)