



Heart Healthy Habits

1. **Don't smoke or use tobacco.** Chemicals in tobacco can damage your heart and blood vessels. Carbon monoxide in cigarette smoke replaces some of the oxygen in your blood. This increases your blood pressure and heart rate by forcing your heart to work harder to supply enough oxygen. No amount of smoking is safe.
2. **Exercise for about 30 minutes on most days of the week.** Even short amounts of exercise can help your health and mood. Activities such as housekeeping, taking the stairs, and going for a walk count.
3. **Eat a heart healthy diet that includes eating from all the food groups and cutting down on fat, added sugar, sodium, and calories.** Use healthier cooking techniques and add more whole grains, fruits, vegetables, and healthy fats such as avocado, nuts, and olive oil.
4. **Get enough quality sleep.** Set a sleep schedule and stick to it by going to bed and waking up at the same times every day. Keep your bedroom dark and quiet, so it's easier to sleep.
5. **Manage stress and anxiety to improve your health.** Practice relaxation techniques such as meditation and deep breathing. Get physically active. Talk to your qualified mental health provider, friends, family, and other community support systems.
6. **Get regular health screenings that include blood pressure, cholesterol levels, and diabetes screening.** Talk with your health providers about what your numbers mean.



Know the Differences

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



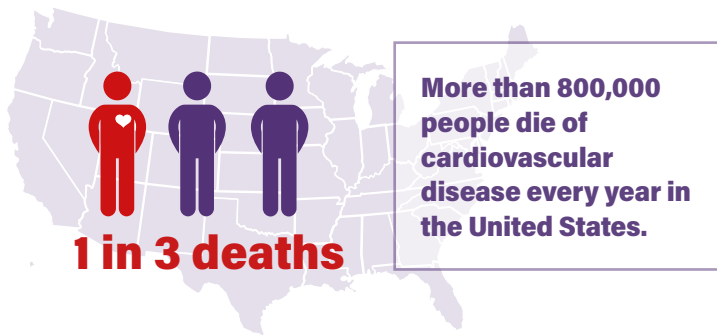
Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **congenital heart defects** and **peripheral artery disease**.



Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



About **630,000 Americans** die from heart diseases each year.

11.7% of American adults (that's more than 1 of every 10) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans died

from coronary heart disease in 2015.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C**.
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active**.
- **Control your weight**.
- **Don't smoke**.
- **Manage stress**.

