

HEART DISEASE IN AMERICA



HIGH BLOOD PRESSURE – 50% OF AMERICANS HAVE HIGH BLOOD PRESSURE.

High blood pressure occurs when the pressure of the blood in your arteries and other blood vessels is too high. The high pressure can affect your heart and other organs. Changes in lifestyle, such as lowering sodium in the diet and engaging in regular exercise can help lower blood pressure.

HIGH CHOLESTEROL – 38% OF AMERICANS HAVE HIGH CHOLESTEROL.

Cholesterol is a substance made by the liver and found in certain foods. The liver makes all the cholesterol we need, but often people will eat more cholesterol than the body can use. Extra cholesterol can build up in the arteries causing a decrease in blood flow to the heart, brain, kidneys and other parts of the body. Eating a diet low in saturated, or “unhealthy” fats, and exercising regularly can help lower cholesterol.

SMOKING – 12.5% OF AMERICANS SMOKE.

Cigarette smoking and vaping can damage the heart and blood vessels, which increase the risk for heart conditions and heart attack. Nicotine raises blood pressure as well. If you smoke, talk with your doctor about strategies to help you quit.