**HEART DISEASE**

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*“Grow jAGs”*

*“Linking Citizens of Louisiana with Opportunities for Success”*

**What is heart disease?**

There are several kinds of cardiac disorders that are referred to as "heart diseases." **Coronary artery disease**(CAD), which impairs cardiac blood flow, is the most prevalent kind of heart disease in the US. A heart attack may result from reduced blood flow. The most common cause of death in the state of Louisiana, is **hypertension.**

**What are the symptoms & risk factors?**

Heart illness can also be "silent" going undiagnosed until a person exhibits symptoms indicative of an arrhythmia, heart failure, or heart attack. Smoking, high blood pressure, and high cholesterol are the main heart disease risk factors. In the US, 47% of the population has at least one of these three risk factors. In Louisiana, the age-adjusted death rate of heart disease was 235.5 per 100,000 residents and was mainly due to high blood pressure.

**Prevention methods and factors**

* **Eat a healthy, balanced diet.**
* **Be physically active.**
* **Give up smoking.**
* **Reduce your alcohol consumption.**
* **Get physicals yearly to stay intact with your health.**



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Hands holding a plant in a circle

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