



KNOW YOUR HEART: RECOGNIZING SIGNS

Being familiar with symptoms and warning signs of heart disease can help you to manage your health.

Swelling and Poor Blood Supply

When your blood vessels get narrow from plaque, it can cause trouble for blood to move properly. This can result in not enough blood reaching your hands and feet. And potentially cause swelling, especially in your legs.



Shortness of Breath

When the heart is having trouble pumping blood to other parts of the body, it can make you feel like you do not have enough air. This may lead to coughing and wheezing. This may be more obvious when you are doing something active.

Uneven or Fast Heartbeat

If your heart is having trouble pumping blood, it may start beating faster to try to keep up. You may feel your heart racing or throbbing.



Chest Pain

Chest pain is the most common sign when your heart is not getting enough blood. The pain can vary for everyone; from discomfort to heavy pressure on your chest. This happens less often in women, older adults, and those with diabetes.



Take charge of your heart health! Join us at engAGewithheart.org to discover upcoming events and get screened for potential heart disease risks. Your heart deserves the best care!



If you have any symptoms of heart disease, do not wait to contact your health provider.