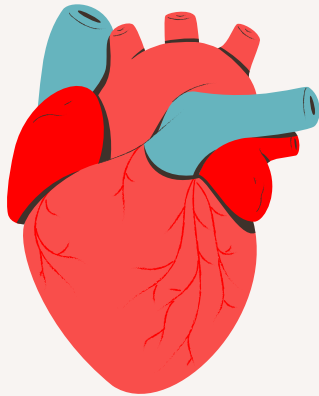


# Heart Disease 101



## What is heart disease?

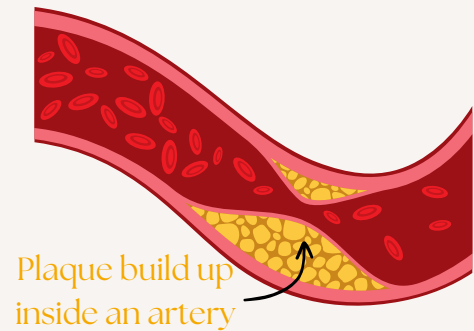
Heart disease is a condition that affects the heart and blood.

## What causes heart disease?

Many heart disease conditions are caused by unhealthy buildup in the body's **arteries**.

Arteries pump blood throughout the body.

Plaque buildup causes the arteries to become **more narrow, slowing blood flow**. If a blood clot gets stuck, it can cause a heart attack or stroke.



**Nearly half of Americans** live with some form of heart disease.

## How common is heart disease?

The risk of developing heart disease is not the same for everyone.

**Black Americans are 30% more likely to die from heart disease** than non-Hispanic White Americans.

In Baltimore, heart disease is the **#1 cause of death**.

# Heart Disease 101



## What puts me at risk of developing heart disease?

### Aging

Heart disease can occur at any age, but the risk goes up as you get older.

### Health Conditions

Certain health problems like high blood pressure, high cholesterol, diabetes, and being overweight can increase your chances of having heart disease.

### Behavior

Eating lots of salt, drinking lots of alcohol, smoking, and not exercising can increase your risk of heart disease.

### Genetics

Some heart problems and disease can be passed down from your family members.

## How can I reduce my risk of heart disease?



**Get moving!** Even a quick walk, or taking the stairs will help to increase your daily activity.



**Eat** a balanced mix of healthy foods that are good for your heart, like leafy vegetables and low fat protein.



**Get screened** regularly for heart health. Blood pressure, cholesterol, and type 2 diabetes can all be managed before heart problems happen.

## Why is preventing heart disease important?

Heart disease is the leading cause of death in the United States, and the risk increases as you get older. Doing things now to prevent it lowers your risk and helps you stay healthy as you age.

**Come to our next engAGE with Heart Screening event!**

[www.engagewithheart.org](http://www.engagewithheart.org)