

TAKE CONTROL OF YOUR *heart health*



Heart disease is the number one killer in Ohio and in the nation¹. And now, COVID-19 adds a new layer of complexity. Learn the risk factors and symptoms—and take steps to live heart healthy.

OHIO+HEART DISEASE

28,000
deaths each year¹

#12 in the U.S. for
highest rate of deaths¹

#1 KILLER¹

PEOPLE LIVING WITH THESE HEART CONDITIONS

- 1 Heart Failure
- 2 Cardiomyopathies
- 3 Coronary artery disease
- 4 Pulmonary hypertension

have an increased risk of severe illness from **COVID-19**, making them more likely to be hospitalized, need intensive care, require a ventilator to breathe, and die.

KNOW THE SYMPTOMS OF A HEART ATTACK

Men³

- Shortness of breath
- Discomfort or tingling in arms, back, neck, shoulder or jaw
- Chest pain

Women⁴

- Heartburn-like feeling
- Nausea or vomiting
- Unusual tiredness
- Sudden dizziness
- Cold sweat



Living heart healthy is more important than ever before.

TAKE CONTROL: Top controllable risk factors for heart disease:⁴

- High cholesterol
- Diabetes
- Cigarette smoking
- Overweight and obesity
- High blood pressure
- Unhealthy diet and physical inactivity



GET HEART HEALTHY

- Stop smoking
- Set a weight loss goal
- Eat a heart-healthy diet
- Sleep 7-8 hours each night
- Exercise at least 20 minutes each day
- Check with your health plan on available support programs



¹ Centers for Disease Control and Prevention. Stats of the State of Ohio. April 2018. ² Centers for Disease Control and Prevention. People With Certain Medical Conditions. December 2020. ³ The Heart Foundation. Heart Attack: Men Vs. Women. March 2017. ⁴ Office of Disease Prevention and Health Promotion. Heart Disease and Stroke. Retrieved January 2020

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