

It's Time to Reduce Your Risk for Heart Attack and Stroke

Heart attacks and strokes are two of the leading causes of death in the United States.

In 2020, heart attacks killed over 697,000 people in the United States, and strokes killed over 150,000 people. Those are a lot of lives cut short. And many of these deaths could have been prevented.

There are many things you can do to reduce your risk of heart attack and stroke.

Some of these things are simple lifestyle changes, such as eating a healthy diet, getting regular exercise, and quitting smoking. Others may require medication or surgery. But all of them are important if you want to live a long and healthy life.



Wake Up Call 911: Its Time to Reduce Your Risk for Heart Attack and Stroke by Deborah Daw Heffernan

★★★★☆ 4.3 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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In this article, we'll discuss the following topics:

- What are the risk factors for heart attack and stroke?
- What can you do to reduce your risk?
- What are the symptoms of heart attack and stroke?
- What should you do if you think you're having a heart attack or stroke?

What are the risk factors for heart attack and stroke?

There are many risk factors for heart attack and stroke, including:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Smoking
- Physical inactivity
- Family history of heart disease or stroke

What can you do to reduce your risk?

There are many things you can do to reduce your risk of heart attack and stroke, including:

- Eat a healthy diet
- Get regular exercise
- Quit smoking

- Manage your blood pressure
- Control your cholesterol
- Lose weight if you're overweight or obese
- Get regular checkups
- Take medication if you have a high risk of heart attack or stroke

What are the symptoms of heart attack and stroke?

The symptoms of heart attack and stroke can vary, but they often include:

- Chest pain or discomfort
- Shortness of breath
- Nausea or vomiting
- Lightheadedness or dizziness
- Weakness or numbness on one side of the body
- Confusion
- Trouble speaking
- Sudden loss of consciousness

What should you do if you think you're having a heart attack or stroke?

If you think you're having a heart attack or stroke, call 911 immediately. Don't drive yourself to the hospital. The sooner you get help, the better your chances of survival.

While you're waiting for help to arrive, try to stay calm and follow these instructions:

- If you're having chest pain, take an aspirin.
- If you're having trouble breathing, sit up and try to relax.
- If you're having weakness or numbness on one side of your body, try to move that side of your body.

Heart attacks and strokes are serious medical emergencies. But if you know the symptoms and what to do, you can increase your chances of survival and recovery.

Additional resources

- Centers for Disease Control and Prevention: Heart Disease Facts
- American Stroke Association
- American Heart Association



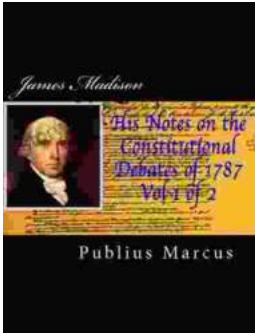
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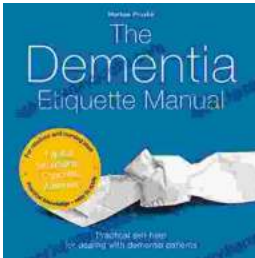
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