

Heart Disease

Heart disease is America's number one killer. Annual check ups are very important. Other precautions you can take are:

- maintaining a healthy weight
- eating a nutritious diet
- exercising most day of the week

Heart disease is often call the “silent killer” because there are often no warning signs until it is too late. Studies have shown that coronary arteries can be narrowed as much as 50% without producing any symptoms of pain because blood flow isn't significantly limited. If you have no symptoms, but are considered “high-risk” for heart disease, see your doctor.

Warning Signs of Heart Disease:

- Chest Pain
- Shortness of Breath
- Heart Attack
- NO SYMPTOMS!