



1 in every 4 DEATHS is due to heart disease



Is your heart older than you?

The year you were born reveals your age. It's part of your identity. But despite the number on your driver's license, your heart may be telling a different story.

they don't know it. February is American Heart Month, so there's no better time to start thinking about your own heart health and how you can improve it.

610,000 people DIE of heart disease each year

According to the Centers for Disease Control and Prevention, 75 percent of Americans have hearts that are older than their actual age. For men, the average heart age is 8 years older, and for women, it's 5 years. This means many people are at high risk of heart attacks and strokes – even if

Your "heart age" is based on certain risk factors you may have for heart disease. This includes lifestyle habits, your body mass index, and certain health problems. You can lower your heart age by adopting heart-healthy habits such as a healthy diet, regular exercise, and not smoking.

735,000 people have a HEART ATTACK each year

Statistics Source: CDC

Signs of a heart attack

- Pressure, squeezing, or pain in the chest
- Pain in the jaw, neck, upper back, arms, or abdomen
- Trouble breathing
- Feeling dizzy or nauseated
- Cold sweats

If you experience these symptoms, call 911 or have someone take you to the emergency room.

Source: American Heart Association

