

# CARDIOVASCULAR DISEASE

Any disease affecting the heart and/or blood vessels

## Angina Pectoris

Chest pain occurring as a result of the heart not getting enough blood for a short period of time

### Symptoms:

Chest pain that comes and goes abruptly  
Shortness of breath and tiredness

## Arrhythmia

Irregular heart rate

### Symptoms:

Fluttering in the chest  
Chest pain

## Hypertension

High blood pressure, estimated 46% of Americans suffer from this condition

### Symptoms:

Severe headache  
Fatigue or confusion

## Heart Attack

Gradual damage to the heart muscle caused by a reduced or blocked blood supply, usually because of atherosclerosis

### Symptoms:

Pressure, tightness, or pain in the chest  
Shortness of breath

## Stroke

When arterial

blockage interrupts the flow of blood to the brain

### Symptoms:

F- Weakness on one side of face  
A- Arm weakness on one side  
S- Speech difficulty  
T- Time to call 911/note start time

## Congestive Heart Failure

When the heart muscle gradually weakens to the point that it cannot maintain its regular pumping rate/force

### Symptoms:

Rapid or irregular heartbeat  
Fatigue and weakness

## Controllable Factors

Tobacco use   Alcohol use   Drug use  
Diet   Stress   Activity level  
Weight   Hypertension

## Uncontrollable Factors

Age   Gender   Genetics/heredity