

# HealthyActions

Achieving Your Goals for Healthy Living



## Your Heart: Your Heart Health for Seniors

### Did you know?

In the United States, more men and women die from heart disease than from any other medical condition.<sup>1</sup>

Heart failure is the #1 reason for hospital visits in older adults.<sup>2</sup>

### High blood pressure:

When blood moves through your arteries with too much force.

### Cholesterol:

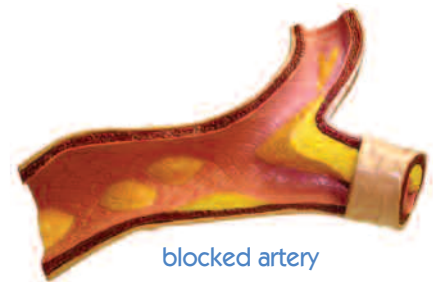
A waxy film that can build up and clog the blood flow in your body.

### What Is Heart Disease?

A condition that affects the heart muscle or blood vessels. High blood pressure and high cholesterol are two kinds of heart disease. Heart disease can lead to a heart attack or stroke.



healthy artery



blocked artery

### Know the early warning signs of heart attack.

For many people, the first sign of heart disease may be a heart attack. Symptoms include:

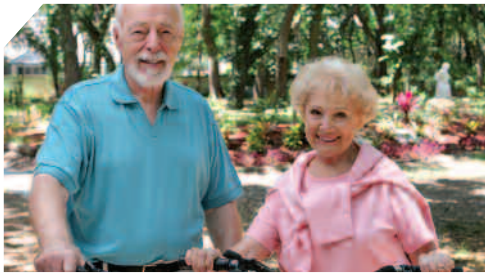
- Chest pain or pressure. (Women often do not have chest pain during a heart attack, so you should look for other signs in this list.)
- Pain that spreads to your neck, arms, or jaw.
- Shortness of breath.
- Stomach pain or vomiting.
- Breaking out in a sweat.
- Weakness or dizziness that is sudden or unusual.

### Know the early warning signs of stroke.

These usually happen suddenly. Symptoms include:

- Weakness or numbness in your face, arm, or leg, especially on one side of your body.
- Confusion, trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance.
- Severe headache with no known cause.

**If you or someone with you has any of these signs, get medical help right away!**



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## Everyday Life Changes Can Greatly Improve Your Heart Health

There are many things you can do to have a healthier heart. This is true even if you already have heart disease, or you have had a heart attack or stroke.

### Keep Your Heart Healthy by:

- ✓ **Not smoking**
- ✓ **Eating a healthy diet**
- ✓ **Exercising**
- ✓ **Watching your weight**
- ✓ **Taking all medicines**

## Your Healthy Heart Checklist

**See your doctor for a complete check-up.** Your doctor can help you measure your risk for having heart disease.

If you already have heart disease, your doctor can help you manage it. Be ready to discuss:

- Your medical history/Family medical history.** If heart disease runs in your family, you are more likely to have it.

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- Any signs or symptoms.** Tell your doctor about chest pain or pressure, unusual heartbeats, shortness of breath, weakness, or dizziness.

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- All current medicines including over-the-counter medicines** such as aspirin or vitamins.

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- Blood tests.** Talk to your doctor about your results and what they mean.

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- Stress.** High levels of stress can affect your health.

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- Everyday life changes to improve your health.** Ask your doctor for ways to plan a healthy diet and get more exercise.

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- Menopause and hormone therapy.**

### References

1. Rosamund W, Flegal K, Friday G, et al. Heart Disease and Stroke Statistics—2007 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2007;115:e69-e171.
2. National Heart, Lung, and Blood Institute. "Who Is At Risk for Heart Failure?" Available at: [http://www.nhlbi.nih.gov/health/dci/Diseases/Hf/HF\\_Who\\_IsAtRisk.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Hf/HF_Who_IsAtRisk.html). Accessed May 31, 2007.



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