Know The Facts

Heart disease accounts for 31.8% of all deaths in the Capital Region.

African Americans are twice as likely as whites to die from stroke.

African American adults

are less likely to be diagnosed with heart disease, but more likely to die from heart disease compared to whites.

Heart disease & stroke are the leading cause of workplace disability.

SOURCES:

American Stroke Association,
American Heart Association, and
Vital Statistics Table 38:
New York State Department of Health
www.health.state.ny.us

For more information contact:

American Heart Association Northeastern Region 440 New Karner Road Albany, NY 12205 (518) 869-1961

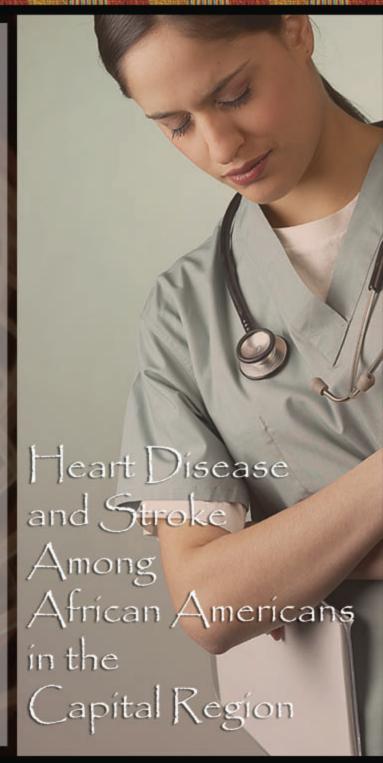
New York State Health Department Corning Tower Empire State Plaza Albany, NY 12237 www.health.state.ny.us (518) 474-1222

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175 Green Street
Albany, NY 12202
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Heart Disease Warning Signs

Upper body discomfort, particularly in center of chest, shortness of breath when lying down or after mild exertion, waking frequently from sleep, swelling in legs and feet in addition to one of these other symptoms.

Stroke Warning Signs

Sudden numbness or weakness of the face, arm or leg--especially on one side of the body-sudden confusion, loss of coordination, dizziness, severe headache with no known cause, trouble speaking, seeing, or walking.



What are Heart Disease and Stroke?

Stroke is a sudden death of brain cells due to interruption of blood flowing to the brain.

Heart disease is a variety of diseases related to the heart and blood circulation.

Prevention

Heart disease and stroke are more likely for people who have high blood pressure, high cholesterol, diabetes, a smoking habit, physically inactive lifestyles, and/or poor nutrition.

To reduce your chances of developing heart disease or stroke, you can

Stop Smoking: No matter what your age, quitting will lessen your chances of developing heart disease.





See your doctor: Yearly doctor visits will help identify and treat symptoms before they become severe.

Take Your Medications: Along with a healthy lifestyle, you may also need regular medication to reduce stress on your heart.

Stay Active: Studies show that physical inactivity is a risk factor for heart disease. Moderate exercise protects both lean and obese people.

Eat Healthy Foods: Choose foods low in salt and sodium, saturated fat, and trans fatty acids. Limit alcohol intake.

Health Disease & Stroke Are the Leading Causes of Death for African Americans!