

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
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Albany, NY 12205
(518) 869-1961

New York State Health Department
Corning Tower
Empire State Plaza
Albany, NY 12237
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(518) 474-1222

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Heart Disease
and Stroke
Among
African Americans
in the
Capital Region

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.



No Smoking

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.



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