



Guard your heart

Be a heart disease hero

Like a true hero, you put your heart into everything you do. That's why it's so important to pay attention to your heart health. More than one in three adults in the U.S. has at least one form of heart disease. Could you be one of them?¹ Some forms of heart disease can't be prevented, but making healthy choices to improve your odds is truly heroic.

Check for signs of heart disease or heart attack

You might experience chest pain when you're active, excited or stressed. Sometimes it might show up after you've eaten a big meal or been outside in cold weather. It might feel like weight or pressure, aching, burning or even numbness.²

Other signs include:²

- Pain in your left shoulder, arms, neck, back or jaw
- Shortness of breath
- Irregular, faster or skipped heartbeats
- Weakness or dizziness
- Nausea
- Sweating

You may not have any symptoms at all. If you feel something isn't right, even if you don't have these symptoms, call your doctor.

Hey hero, be sure to talk to your doctor about your risk of heart disease and set up an appointment. No superpowers needed — just a phone!



Sources

1 Centers for Disease Control and Prevention website: Heart Disease and Stroke Prevention: Addressing the Nation's Leading Killers (accessed November 2014): cdc.gov/chronicdisease/resources/publications/AAG/dhdsp.htm.

2 Centers for Disease Control and Prevention website: Heart Disease Facts (accessed November 2014): cdc.gov/heartdisease/facts.htm.

3 World Heart Federation website: Different heart diseases (accessed November 2014): world-heart-federation.org.

4 American Heart Association website: Walk, Don't Run, Your Way to a Healthy Heart (accessed November 2014): heart.org.

5 Centers for Disease Control and Prevention website: Heart Disease/Prevention: What You Can Do (accessed November 2014): cdc.gov/heartdisease/what_you_can_do.htm.

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Are there heart problems in your family tree?

Some types of heart disease are hereditary — they run in families. Others are caused by unhealthy habits, such as lack of exercise or a poor diet. Not all types of heart disease are an emergency, but they're all serious. Talk to your doctor as soon as you can if you think you might have one of these conditions:³

- o **Coronary artery disease:** the arteries get clogged or blocked and cause a heart attack.
- o **Congestive heart failure:** the heart can't pump enough blood.
- o **Arrhythmias or irregular heartbeats:** they feel like pounding or fluttering in your chest. They can make you feel dizzy, light-headed, short of breath, weak or tired.
- o **Heart valve disease:** the valves don't work as they should.
- o **Congenital heart disease:** the heart isn't formed properly.
- o **Cardiomyopathy or heart muscle disease:** this causes the heart to enlarge or become less flexible.
- o **Pericarditis:** the membrane around the heart gets inflamed because of infection, injury or disease.

To learn more about heart health, visit the American Heart Association at heart.org.

Visit anthem.com for more ways to get healthy — and stay healthy.

Take heart! You can lower your risk

Reducing your risk for heart disease is easy. In fact, it's a walk in the park! If you walk just 30 minutes most days, you reduce your chance of developing heart disease.⁴ You don't have to do it all at once, either. Taking three 10-minute walks works just as well.² Quitting smoking, losing weight, lowering blood pressure and cholesterol, and responding to stress in a healthy way can also help you avoid developing a heart condition.⁵

