

## Heart Disease Can be Prevented!

You can make healthy changes to lower your risk of developing heart disease.

Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk...

- \*Quit smoking and stay away from secondhand smoke.
- \*Control your cholesterol and blood pressure.
- \*If you drink alcohol, drink only in moderation.
- \*Watch your weight.
- \*Get active and eat healthy



## Additional Recourses:

### Health Finder:

<http://www.healthfinder.gov/NHO/FebruaryToolkit.aspx>

<http://www.westgacardiology.com/cardiovascular-services/>

Ask members of Beyond the Walls if they are raising money for Jump Rope for Heart  
<http://www.heart.org/HEARTORG/>  
<http://www.cdc.gov/heartdisease/faqs.htm>

West Georgia  
Cardiology



American Heart  
Association

[mtprospectbaptist.org](http://mtprospectbaptist.org)

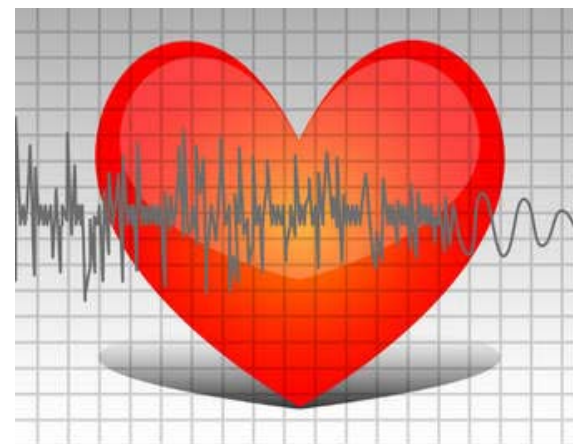
## February

### National Heart Month

To prevent Heart disease and increase awareness of its effects, **Mt. Prospect Baptist Church** is proudly participating in American Heart Month.

**FREE** blood pressure checks  
every Sunday in February  
immediately after service  
in the **Fellowship Hall**

**Health Ministry Members** will also be available to answer your questions and give out educational information regarding heart disease.



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**Mt. Prospect Baptist Church**  
**Health Ministry**

# A HEALTHY HEART= A HEALTHY YOU

## What is heart disease?

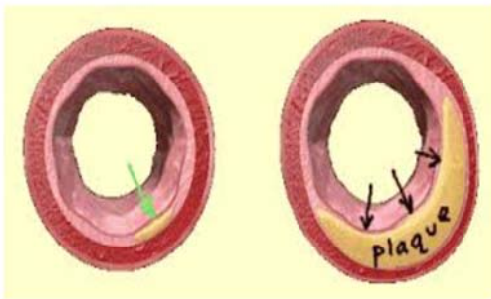
The most common type of heart disease is Coronary Heart Disease (CHD), also known as, Coronary Artery Disease (CAD).

In CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque ("plak"), build up inside the arteries.

Plaque is caused by:

- \* Fat and cholesterol in the blood
- \* High blood pressure
- \* Smoking
- \* Too much sugar in the blood (usually because of diabetes)

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.



## What is a heart attack?

A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly.



### Common signs of a heart attack include:

Chest pain (or a feeling like pressure, squeezing, or fullness)

- \* Pain or discomfort in the the arms, back, neck, jaw, or stomach
- \* Trouble breathing (while resting or being active)
- \* Feeling sick to your stomach or throwing up
- \* Dizziness, light-headed, or unusually tired
- \* Breaking out in a cold sweat

Not everyone who has a heart attack will have all the signs. Learn more about the signs of a heart attack using the link below.  
<http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack/signs.html>

### **Don't ignore changes in how you feel.**

Signs of a heart attack often come on suddenly. But sometimes, they develop slowly over hours, days, or even weeks before a heart attack happens.



Did you know...

Heart disease, including stroke, is the leading cause of death for men and women in the United States.

Every year, 1 in 4 deaths is caused by heart disease. You are at higher risk for heart disease if...

- \* You are a woman over age 55
- \* You are a man over age 45
- \* Your father or brother had heart disease before age 55
- \* Your mother or sister had heart disease before age 65
- \* As you get older, your risk of heart disease and heart attacks increases.

