



CLALLAM 2 FIRE-RESCUE

P.O. Box 1391, Port Angeles, WA 98362 • 360-457-2550 • www.clallamfire2.org

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February 15, 2017 Todd Ortloff Show Talking Points

- Heart disease is the leading cause of death in the United States
- More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country.
- The term "heart disease" refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack.
- Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.
- Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.
- Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease.
- Having high cholesterol, high blood pressure, or diabetes also can increase your risk for heart disease. Ask your doctor about preventing or treating these medical conditions.

SIGNS & SYMPTOMS

- Someone having a heart attack may experience several symptoms, including:

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
- Shortness of breath.
- Pain or discomfort in the arms or shoulder.

WHAT TO DO

- If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

HOW TO PREVENT HEART DISEASE

- Don't smoke, if you do try stopping now
- Maintain a healthy weight
- Eat a healthy diet. Reduce saturated fats, increase fruits, vegetables, and whole grains.
- Get up, Get Out, Start moving-Exercise reduces chances of heart attacks
- If you have high blood pressure, diabetes, or high cholesterol be sure to treat those conditions (they can lead to heart attacks).

LEARN FIRST-AID & CPR

Clallam 2 Fire-Rescue offers a monthly First-Aid & CPR class that is American Heart Association certified – call us at 457-2550 or stop by 1212 E First Street in Port Angeles to sign up.