

Symptoms and Risk Factors for Heart Attack

Every 40 seconds, someone in the United States has a heart attack, which is why it's important to learn all you can.

Managing your Risk Factors

Whether you have cardiovascular disease or a family history of heart problems, you should always work toward improving your heart health. Work with your healthcare provider to set goals to reduce your risk of heart attack.

- + Stop smoking. You should also avoid secondhand smoke.
- + Get active. Achieve at least 150 minutes (two and a half hours) of moderate intensity physical activity a week.
- + Control cholesterol. Too much cholesterol in the blood can lead to coronary heart disease.
- + Eat better. Eat a healthy diet that's low in saturated fat, trans fat, cholesterol and salt.
- + Manage blood pressure. Find out if you have high blood pressure, and if you have it, get it treated.
- + Reduce blood sugar. Adults with diabetes are two to four times more likely to have heart disease.
- + Lose weight. Keep your weight in the normal body mass index (BMI) range.

Know your heart attack symptoms:

- + Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that might last more than a few minutes or go away and come back
- + Pain or discomfort in one or both arms, your back, neck, jaw or stomach
- + Shortness of breath with or without chest discomfort
- + Other signs, such as breaking out in a cold sweat, nausea or lightheadedness