Heart Disease Facts
- You can have heart disease & not even know it.
- The number of deaths from heart disease has gone down.
- Heart disease remains the leading cause of death for men & women in the US.
- Risk increases with age and if you diabetes or a family history of heart disease.
- Heart disease encompasses many problems related to the heart such as coronary artery disease, arrhythmia and congestive heart failure.

Four Warning Signs You Need to Know
Watch for these red flags!

1. High Blood Pressure—Blood pressure numbers indicate how hard your heart is working & your overall artery health which can lead to heart attack, stroke or kidney problems. High blood pressure is:
   - Systolic(top #)>130mmHG OR
   - diastolic(bottom #) >80 mmHG

   Over 60% aged 65-74 have high blood pressure –even more after age 75.
   Check your blood pressure annually. Lifestyle adjustments can help - EXERCISE is one of the best ways!

2. Shortness of Breath & Chest Pain—Coronary artery disease is the result of plaque buildup in your arteries, it causes damage making it harder for blood to reach your heart. A heart attack is when an artery to your heart becomes completely blocked. Common symptoms:
   - Shortness of breath whether at rest or exerting yourself.
   - Be aware chest pain (angina) comes in many forms - a sense of squeezing, burning, aching or pressure, or general feeling of discomfort in the chest.

3. Fluttering Heartbeat—an arrhythmia causes an irregular heartbeat, meaning heart muscles aren’t contracting in a steady, rhythmic pattern.
   - AFib is most common & it increases your risk of stroke (up to 5x). Symptoms of AFib:
     - Quivering or fluttering heartbeat
     - Dizziness, shortness of breath, sweating & fatigue

4. Swollen Feet—Heart failure (congestive heart failure, CHF) is when the heart muscle is too weak to pump enough blood to your body. It also leads to fluid buildup in lungs & other tissues. Symptoms include:
   - Swollen feet, ankles or stomach
   - Shortness of breath, wheezing, coughing & fatigue

Tell your doctor if you’ve noticed these symptoms. If you experience sudden shortness of breath or chest pain, or any other subtle signs of heart attack, you should consider that you may be having a heart attack & seek emergency care. - adapted from the SilverSneakers ® Newsletter

Jake, a novelist who is more successful with fiction than with life, faces a marital crisis by daydreaming about the women in his life. The wildly comical and sometimes moving flashbacks playing in his mind are interrupted by visitations from females in real life. This play is a comedy with a witty take on modern relationships.

Performances run March 6-14, 2020
Fridays & Saturdays at 7 p.m. and Sunday at 2 p.m.
in the Black Box Theatre in Ridge Recreation Center

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