



# EQUALITY HEALTH

The New Culture of Care.



**EQUALITY HEALTH**  
walk-in clinic

At Equality Health, we believe who you are and where you live shouldn't be barriers to good health. We care about your well-being. We bring convenient, affordable healthcare opportunities to you that are in your neighborhood, in your language and mindful of your culture.

# HEART DISEASE

## THE FACTS

## WHAT IS HEART DISEASE?

Heart disease, also known as coronary artery disease (CAD), happens when a buildup of plaque from fat and other substances makes your arteries grow narrower or clogs them. This makes it harder for blood and oxygen to reach the heart.

## HOW DID I GET IT?

Some of the following factors may lead to heart disease:

- Smoking
- High blood pressure
- Diabetes
- Obesity
- Unhealthy eating
- A family history of heart disease

## LEARN MORE

Equality Health  
[equalityhealthclinic.com/education](http://equalityhealthclinic.com/education)

Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)

American Heart Association  
[heart.org](http://heart.org)



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**WHAT YOU SHOULD KNOW.  
WHAT YOU SHOULD EXPECT.  
WHAT YOU SHOULD DO.**

# #1

## LEADING CAUSE OF DEATH IN THE U.S. AND WORLDWIDE

**Every minute**, someone dies from heart disease in the U.S.

**Every year**, 795K Americans have a new or recurrent stroke.

**About 91.1M** Americans live with heart disease or after-effects of stroke.

**One out of 3** deaths in U.S. are from heart disease.

**56M** people are eligible for cholesterol-reducing medication.

## WARNING SIGNS

People with heart disease can experience:

- Shortness of breath
- Fatigue
- Chest pain
- Nausea/vomiting
- Heart attack

Source: American Heart Association

## HOW DO I TAKE CONTROL?



### Maintain A Healthy Weight

Obesity leads to strokes, high cholesterol and high blood sugar — all factors contributing to heart disease.



### Stop Smoking

Smoking damages the lining of your arteries and reduces the amount of oxygen in your blood.



### Say YES to Healthy Foods

Eat recommended portion sizes and more fruits, vegetables, whole grains, lean meats, poultry and oily fish.



### Limit Stress

Stress causes your body to produce adrenaline, which causes your heart rate to speed up and your blood pressure to rise.



### Exercise

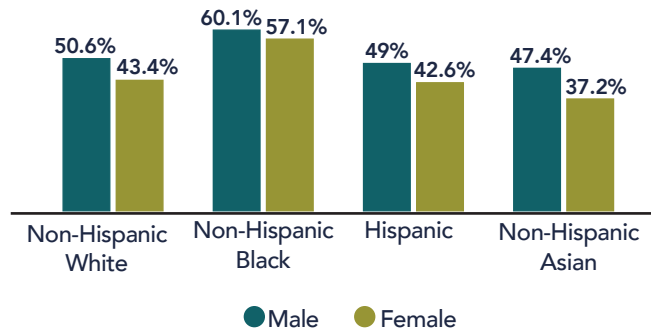
Aim for 30 minutes of moderate physical activity every day.



### Manage Your Diabetes

High blood glucose from diabetes can damage your heart and blood vessels.

### Risk by Ethnicity and Gender



Source: Centers for Disease Control and Prevention, cdc.gov

## IMPORTANT HEALTH TESTS

Understand heart healthy ranges:

### CHOLESTEROL

HDL ("good") Higher is better

LDL ("bad") Less than 200

Ask your doctor about the right level for you.



### TRIGLYCERIDES

Less than 150



### BLOOD PRESSURE

Systolic: Less than 140

Diastolic: Less than 90



### BODY MASS INDEX

Between 18.5 – 24.9



### FASTING BLOOD GLUCOSE

Less than 100

## AVOID COMPLICATIONS

By managing your heart health, you can avoid these complications:

- Heart attack
- Stroke
- Irregular heartbeat
- Heart valve problems