

Heart Disease and Stroke Awareness



Heart disease and stroke are both common types of cardiovascular disease that affect your heart and blood vessels. Heart disease and stroke increases the risk of illness from certain common conditions and vaccine-preventable illnesses like COVID-19 and Flu.

WHAT VACCINATIONS ARE IMPORTANT FOR YOU?

In the United States,

1 IN 3

American adults die of heart disease, stroke, or other cardiovascular diseases every year.

The key risk factors for heart disease and stroke are:

High Blood Pressure

Smoking

High Blood Cholesterol

About half of people in the United States have at least one of these three risk factors.

If you or a loved one has been affected by cardiovascular disease or stroke, talk to your doctor about getting up to date on your vaccinations:

- Flu
- COVID-19
- TDAP
- Zoster
- Pneumococcal
- Hepatitis B

**There may be other vaccines recommended for you based on your lifestyle, travel habits, and other factors. Talk to your doctor about which vaccines are right for you.*

FACT
African Americans adults are more likely to experience strokes, hypertension, and premature death compared to other racial/ethnic groups.



How can I lower my general risk for heart disease and stroke?

EXERCISE: Participating in regular physical activity for 150 minutes a week, or 30 minutes for 5 days per week, can help lower your blood pressure and decrease the risk of cardiovascular disease.

REDUCE SODIUM: Decrease sodium in your diet by reading food labels, eating fewer processed and packaged foods, and opting for herbs and spices instead of salt. Even a small reduction of sodium can help reduce blood pressure and improve heart health.

GET ENOUGH SLEEP: Getting enough sleep is important to your overall health. Aim for 7-9 hours of sleep each night to keep your heart and blood vessels healthy.

QUIT SMOKING: Quitting smoking can help you manage your blood pressure better and reduce your risk of heart disease. It can also improve your overall health and may lead to a longer life.

EAT A HEALTHY DIET: Eating a diet that is rich in whole grains, fruits, vegetables, and low-fat dairy products can help lower your blood pressure. The Dietary Approaches to Stop Hypertension (DASH) diet is recommended to help keep your blood pressure low.

LIMIT ALCOHOL: Drinking more than moderate amounts of alcohol can raise blood pressure and reduce the effectiveness of blood pressure medications. Try to limit alcohol to 1 drink a day for women and 2 drinks a day for men.

GET SUPPORT: Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to lower your blood pressure.