# Heart Disease #1 CAUSE OF DEATH

## 22.8% of deaths
for South Dakotans in 2013.

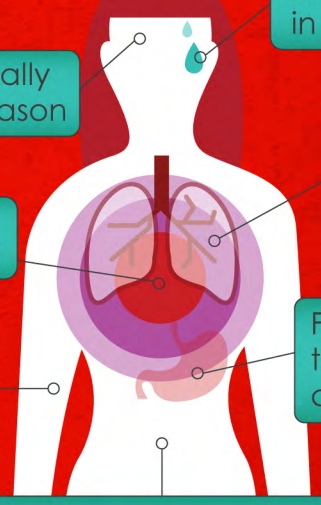
## *A Heart Attack*

A heart attack can happen to anyone…any age, gender or race. A heart attack is when a section of the heart muscle dies or is damaged because of reduced blood supply. Heart attacks can start slowly and cause only mild pain or they can be more intense and sudden. Symptoms may come and go over several hours. Some people don't have any symptoms.

## Heart Attack Risk Factors:

- Lack of Physical Activity
- High Blood Pressure
- High Cholesterol
- Obesity
- Cigarette Smoking
- Diabetes

## COMMON SIGNS OF A HEART ATTACK:




Women are somewhat more likely to have shortness of breath, nausea, vomiting, unusual tiredness, and pain in the back, shoulders, and jaw.

*Almost* **30,000** **SOUTH DAKOTANS** have had a heart attack.

If you or someone else is experiencing these signs,

**CALL 911 RIGHT AWAY!**

Good & HEALTHY SOUTH DAKOTA

SOUTH DAKOTA DEPARTMENT OF HEALTH

**Resources:**
Million Hearts: millionhearts.hhs.gov
SDDOH: doh.sd.gov/diseases/chronic/heartdisease
Centers for Disease Control and Prevention: www.cdc.gov
American Heart Association: www.heart.org
SD Health Data and Statistics (2012): doh.sd.gov/statistics

# ALMOST 18,000 SOUTH DAKOTANS have previously had a STROKE.

## COMMON *Signs* OF A STROKE

### *Call 911 if you experience:*

- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden confusion or trouble speaking
- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)

## *Stroke*

A stroke is a brain attack that occurs when blood flow to the brain becomes blocked. Lack of blood flow during a stroke can cause portions of the brain to become damaged, often beyond repair. A stroke can cause lasting brain damage, long-term disability, or even death.

## LIFE *After* A STROKE

- Trouble remembering, learning new activities or doing new tasks
- Problems with anger, sadness and anxiety problems
- Vision problems
- Problems swallowing and eating
- Trouble speaking, reading, or writing
- Pain, numbness, or tingling in your limbs
- Weakness on one side of the body
- Bladder or bowel problems
- Trouble with walking and coordination

In 2013, stroke accounted for **5.8% OF DEATHS** in South Dakota.

**Resources:**
National Institutes of Health: ninds.nih.gov
Centers for Disease Control and Prevention: cdc.gov/stroke
National Stroke Association: stroke.org