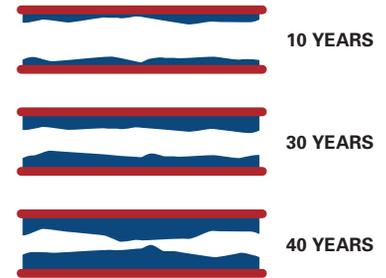


WHAT LATINOS AND HISPANICS NEED TO KNOW ABOUT HEART DISEASE

WHAT IS CORONARY ARTERY DISEASE (CAD)?

Coronary artery disease, or CAD, happens when cholesterol-containing deposits (plaque) build up on the inner walls of coronary arteries over time. This causes the arteries to harden and narrow, which decreases blood flow to the heart. As a result, your heart doesn't get the blood, oxygen and nutrients it needs, which can lead to chest pain or other symptoms. In some cases, it can lead to a heart attack which is caused when the heart muscle dies because of the absence of blood flow.

The build-up of plaque can be attributed to poor lifestyle habits such as smoking and obesity, but it can also be caused by things that cannot be avoided, such as aging or a family history of heart disease.¹



Images depict build up of plaque in an artery over time

COMMON SYMPTOMS OF CAD

People may feel heart disease symptoms during stress, physical activity or even at rest. It is more common to experience these symptoms while walking, going up stairs or moving around. It is important to note that women often do not exhibit the same symptoms as men when having a heart attack.

If you feel these signs, seek help from a health care provider immediately.

COMMON SYMPTOMS³



CHEST PAIN OR PRESSURE (ANGINA)



FATIGUE



SHORTNESS OF BREATH



SUDDEN PROFUSE SWEATING

COMMON SYMPTOMS FOR WOMEN⁴



DISCOMFORT IN BACK, SHOULDERS, ARMS, JAW, NECK



INSOMNIA OR INABILITY TO SLEEP



SHORTNESS OF BREATH



LIGHTHEADEDNESS OR DIZZINESS



NAUSEA OR VOMITING

CARDIOVASCULAR DISEASE IS THE #2 KILLER OF HISPANICS AND LATINOS IN THE U.S. BEHIND CANCER

- On average, Hispanic women are likely to develop heart disease 10 years earlier than non-Hispanics.
- Latino Americans with diabetes had higher rates of heart disease death than those without diabetes, according to the San Antonio Heart Study.
- Hispanic women are significantly less aware than White women that cardiovascular disease is their leading cause of death.



Among Mexican American adults, 33% of men and 31% of women have cardiovascular disease

WHAT LATINOS AND HISPANICS NEED TO KNOW ABOUT HEART DISEASE

REDUCING YOUR RISKS

There are things you can do to reduce the risk of having a heart attack, like quitting smoking, taking steps to lower cholesterol, exercising regularly, keeping diabetes and high blood pressure under control and seeing your doctor regularly.



**QUIT
SMOKING**



**LOWER
CHOLESTEROL**



**EXERCISE
REGULARLY**



**CONTROL DIABETES AND
HIGH BLOOD PRESSURE**



**VISIT DOCTOR
REGULARLY**

QUESTIONS TO ASK YOUR DOCTOR

If you are experiencing any of the symptoms or know that you have certain risk factors, here are some questions you can ask your doctor to help you get access to the care you may need.

- Could I have a heart problem?
- What caused my heart problem?
- What treatments do I need? What are the side effects?
- What should I do if my symptoms get worse quickly?
- What can I do to prevent this from getting worse or having a heart problem again?
- Should I eat different foods?
- How will this affect my day-to-day activities, such as working, or caring for my children or grandchildren?
- What can I do to feel less stress and worry?
- How often do I need to come in for an office visit?

SOURCES:

1. NIH: National Heart, Lung, and Blood Institute
2. Balfour PC Jr, Ruiz JM, Talavera GA, Allison MA, Rodriguez CJ. Cardiovascular Disease in Hispanics/Latinos in the United States. J Lat Psychol. 2016;4(2):98–113. doi:10.1037/lat0000056 Accessed September 2019
3. Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118> Accessed September 2019
4. Cleveland Clinic: <https://my.clevelandclinic.org/health/diseases/17645-women--cardiovascular-disease> Accessed September 2019

LEARN MORE AT [KNOWYOURHEALTH.COM](https://www.knowyourhealth.com)

CLOSE THE GAP
Health Equity for Life