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Southwest Center
FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Monthly Safety Blast | February 2020

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

We love heart health.

This month we want to talk about what you can do to keep your heart healthy. It's easy to forget about things we can't see like our vital organs that need some love too! According to the CDC, cardiovascular disease is the leading cause of death in the United States and worldwide.

What is cardiovascular disease? It is a condition that affects the heart and its blood vessels. There are a lot of things that can affect the heart.

- Heart attack
- Stroke
- Arrhythmia
- Heart valve problems
- Coronary heart disease

What can cause these issues?

- Stress
- Diet
- Genetics
- Smoking
- Diabetes
- High blood pressure
- High cholesterol



Want to learn more? Use these helpful fact sheets

Smoking & heart health info:

https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_CVD_508.pdf

Fact sheet specifically for women's heart health:

<https://www.fda.gov/media/118850/download>

Heart attack signs & symptoms:

https://www.nhlbi.nih.gov/files/docs/public/heart/heart_attack_fs_en.pdf

Lifestyle & risk reduction for heart health:

<https://www.heart.org/en/health-topics/consumer-healthcare/answers-by-heart-fact-sheets/answers-by-heart-fact-sheets-lifestyle-and-risk-reduction>



Resources:

<https://www.cdc.gov/niosh/topics/heartdisease/default.html>

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Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education. For more information, contact us at 903-877-1440 or by email at shelbie.powell2@uthct.edu.

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