Heart Health in West Englewood

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4300

Heart disease is the top cause of death in the U.S.

Adults in West Englewood have heart disease

Major signs and symptoms of a heart attack*

- Chest pain or discomfort
- Nausea, feeling light-headed or unusually tired
- Pain or discomfort in jaw, neck, or back
- Pain or discomfort in arm or shoulder
- Shortness of breath

*CDC, 2015

Causes of heart disease

- Smoking
- Low physical activity
- High blood pressure
- Stress

In West Englewood:

- 1 in 2 smoke
- 2 in 5 have high blood pressure

What you can do

- Ask your doctor about getting your blood pressure checked
- Add vegetables to your diet. Visit Growing Home's farm stand on Thursdays from 11-3 at 5814 S. Wood. LINK and WIC accepted!
- Try to quit smoking. Need help? Call 1-866-784-8937

For more info on health in your community, visit www.sinaisurvey.org