Heart Health in Norwood Park

2300
Adults in Norwood Park have heart disease

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

#1

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

Causes of heart disease
- Smoking
- Low physical activity
- High blood pressure
- Stress

In Norwood Park:
1 in 5 have high blood pressure

What you can do
- Ask your doctor about getting your blood pressure checked
- Manage your stress by meditating or talking with family or friends
- Increase your physical activity
- Try to quit smoking
Need help? Call 1-866-784-8937

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