



KENDALL COUNTY HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

To Your Health

Love Your Heart

February is heart health month! In conjunction with the American Heart Association (AHA), the Kendall County Health Department would like to remind residents to take their health and heart in their own hands.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the number one killer of both men and women in America. In 2006, 631,636 people died from heart disease, the cause for 26% of deaths in the United States. In an average year, 42,540 Illinoisans, about half of which are women, will die of cardiovascular disease.

The Kendall County Health Department would like to take this opportunity to remind residents about the risk factors associated with heart disease and heart attacks. Here are the basics:

Be Heart SMART

- Stop smoking! It's one of the best things you can do for your heart - not to mention the rest of your body.
- Maintain a healthy weight. Eat a diet low in saturated fat and cholesterol.
- Activity is important. Get regular exercise to strengthen your heart.
- Reduce stress. Life's too short to worry about everything.
- Talk to your doctor. He/she is your partner in building and maintaining a healthy heart.

If your doctor has told you that you are at risk for a heart attack, it is important for you and your family to know the warning signs. The Kendall County Health Department offers this list of heart attack signs and symptoms so that you know when to react.

What to look for...

- Chest discomfort or uncomfortable pressure, fullness squeezing or pain in the center of the chest that lasts longer than a few minutes or comes and goes
- Spreading pain to one or both arms, back, jaw or stomach
- Cold sweats, nausea and/or lightheadedness

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The most common symptom that women experience is chest pain or discomfort. However, women are more likely than men to have some of the other signs, such as:

- Shortness of breath

- Nausea
- Vomiting
- Back or jaw pain

The Kendall County Health Department reminds you that heart-healthy nutrition, daily physical activity, eliminating tobacco, controlling diabetes and a commitment to follow your healthcare professional's recommendations are all part of reducing your risk for heart disease, heart attack and stroke.

For more information on Heart Health Month and heart disease contact the Kendall County Health Department at (630) 553-9100 or visit the American Heart Associations website at: <http://www.americanheart.org/presenter.jhtml?identifier=3063723> and/or the CDC's website at: <http://www.cdc.gov/heartdisease/>.

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