

# UNDERSTAND AND RECOGNIZE HEART DISEASE



Heart disease is a common heart condition that affects the major blood vessels that supply the heart muscle. For most people, heart disease is preventable, so it's important to understand and control risk factors.

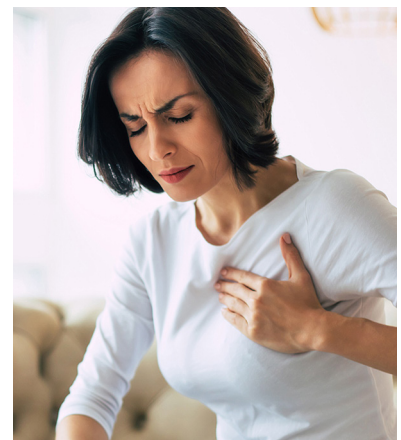
## RECOGNIZE THE SYMPTOMS

- Chest pain, chest tightness, chest pressure and chest discomfort
- Shortness of breath
- Pain in the neck, jaw, throat, upper stomach area or back
- Pain, numbness, weakness or coldness in the legs or arms

## EAT YOUR WAY TO A HEALTHY HEART

Making just a few small changes to your diet can have you on your way to a healthier heart.

- **Control portion sizes**—Learn the portion sizes specific to your needs
- **Eat smarter**—Eat smaller amounts of high-calorie, high-sodium foods, and more nutrient-rich foods
- **Select whole grains**—Make substitutions for refined grain products
- **Limit unhealthy fats**—The American Heart Association recommends a diet that achieves 5% to 6% of calories from saturated fat
- **Choose low-fat proteins**—Lean meat, poultry and fish, low-fat dairy products, and eggs are some of the best choices
- **Limit or reduce sodium**—Too much salt can lead to high blood pressure, a risk factor for heart disease





## Eat a healthy diet

to help prevent heart disease

### DO YOUR HEART SOME GOOD

Choosing healthy behaviors lowers your risk for heart disease, prevents other serious chronic conditions and improves your quality of life.

- Eat a healthy diet
- Keep healthy blood sugar numbers
- Get 2.5 hours of moderate physical activity each week
- Don't smoke
- Monitor your blood pressure
- Maintain healthy cholesterol numbers

Visit the [National Heart, Lung, and Blood Institute's website](#) for more information and for tips on how to motivate others to be smart when it comes to their heart.

**Sources:** The American Heart Association, webmd.com, Mayo Clinic, CDC



Monthly wellness materials are part of a comprehensive health and wellness platform, BlueElements, which focuses on six dimensions of well-being—physical, social, emotional, financial, professional and community.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).  
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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