

# WHAT IS HEART DISEASE?

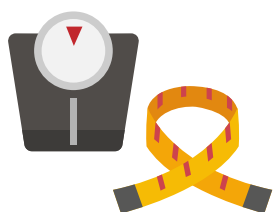
Heart disease refers to several conditions that affect the heart's structure and function. This includes conditions such as coronary heart disease, heart failure, and heart attack.

You are at a **higher risk** for heart disease if you are overweight or obese, smoke, or have high blood pressure, diabetes, or high cholesterol.

## REDUCE YOUR RISK FOR HEART DISEASE BY:



Choosing healthy foods and drinks



Keeping a healthy weight



Not smoking

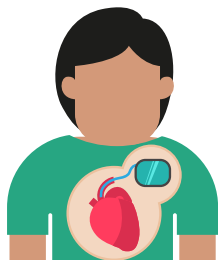


Getting regular physical exercise

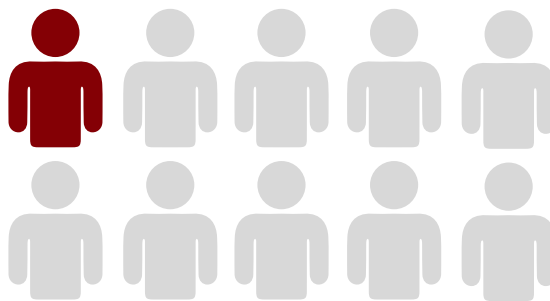
## DID YOU KNOW?

**36**  
seconds

A person dies from heart disease every **36 seconds**.



Heart disease can be treated with FDA-approved medications and medical devices such as pacemakers.



More than **1 in 10** adults in the United States have been diagnosed with heart disease.