

Men and Heart Disease

Heart disease is a major cause of death in men in Missouri. The most common type of heart disease in the United States and Missouri is coronary heart disease, which can lead to heart attack.

Warning signs

Some heart attacks are sudden and intense, while others start slowly with mild pain or discomfort. Many times, people aren't sure what's wrong and wait too long before getting medical attention.

The warning signs of a heart attack for men include:

- Chest discomfort (angina) – including pain, squeezing, tightness or pressure in the center of the chest – that lasts more than a few minutes or that goes away and returns
- Discomfort in other areas of the upper body – one or both arms, back, neck, jaw or stomach
- Shortness of breath – before or during chest discomfort
- Breaking out in a cold sweat, nausea, lightheadedness or weakness

If you experience chest discomfort, especially with one or more of the other warning signs, call 911 immediately.

Who is at risk?

You are at greater risk for heart disease if you:

- Have high blood pressure
- Have high blood cholesterol
- Have diabetes
- Smoke
- Are not physically active
- Don't see a health care provider regularly
- Are overweight or obese
- Have a poor diet lacking in proper nutrition

Determine your risk by utilizing the American Heart Association risk calculator at:
www.heart.org/gglRisk/main_en_US.html.



Reducing the risk

You can make a number of lifestyle changes that will help reduce your risk of developing heart disease:

- Monitor blood pressure and cholesterol levels.
- Take medications as prescribed.
- See a health care provider for regular medical check-ups.
- Quit smoking.
- Be physically active for 30 minutes or more on most days of the week.
- Eat a healthy diet to maintain a healthy weight.

More information can be found at:
health.mo.gov/heartdisease

