

SUNDAY MORNING HEALTH CORNER

Take Control of Your Heart Health

National Heart Health Awareness month highlights the importance of reducing the risk of heart disease, and encourages Americans to take control of their heart health.

The signs of heart disease can be different for everyone. Symptoms can seem like common symptoms of other problems. Here are some key warning signs of heart disease and other heart-related problems to look out for:

Chest Pain. A common symptom of poor blood flow to the heart or a heart attack. The amount of pain and type can vary by person. The intensity of the pain does not always equate to how severe the problem is.

Shortness of Breath. Occurs when the heart can't pump blood as well as it should, and blood backs up in the veins that go from the lungs to the heart.

Coughing or Wheezing. If this is constant, it may be a sign of fluid buildup in the lungs.

Swelling in the Legs, Ankles, or Feet. When the heart isn't performing well, blood flow slows down and backs up in the veins in your legs, causing fluid buildup in your tissues.

When to Call the Doctor:

If you have any signs of heart disease, heart attack, stroke, or other symptoms, seek your doctor immediately. Don't wait for them to go away or dismiss them.

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