

# HEART DISEASE IS THE LEADING CAUSE OF

# DEATH

**MORE THAN 616,000**  
PEOPLE DIE OF HEART DISEASE EACH YEAR.  
THIS IS ABOUT **25%** OF ALL DEATHS.

**MORE THAN 79,400,000** PEOPLE HAVE ONE OR MORE FORMS OF HEART DISEASE.



**1 DEATH EVERY 34 SECONDS**  
FROM HEART DISEASE.

HEART ATTACKS PER YEAR IN THE U.S.

**610,000**  
FIRST TIME



**325,000**  
2ND OR MORE



**HEART DISEASE IS THE LEADING CAUSE OF DISABILITY IN THE U.S.**

THE AVERAGE COST OF A SEVERE HEART ATTACK: **\$1,000,000**

AVERAGE AMOUNT EVERYONE PAYS TOWARD HEART DISEASE COSTS PER YEAR, IF THEY HAVE IT OR NOT: **\$878 per year**

ANNUAL COST OF CORONARY HEART DISEASE IN THE U.S.: **\$108.9 billion**

## SIGNS OF A HEART ATTACK:

**LIGHT-HEADEDNESS**

**DISCOMFORT IN CHEST AND UPPER BODY**

**SHORTNESS OF BREATH**

**NAUSEA**

**COLD SWEATS**



## Rx

## AFTER A HEART ATTACK...

IT TAKES ABOUT ONE MONTH FOR YOUR HEART TO HEAL.



TREATMENT IS MULTIPRONGED AND CAN INCLUDE MEDICATIONS, LIFESTYLE CHANGES, AND, IN SOME CASES, SURGERY.

# 20%

THE AMOUNT OF PEOPLE WHO DIE WITHIN ONE YEAR OF A HEART FAILURE DIAGNOSIS.

YOU MAY BE AT RISK FOR A STROKE, KIDNEY DISORDERS, AND PERIPHERAL ARTERIAL DISEASE.



## **U.S. Facts About Heart Attacks**

Heart disease is the leading cause of death.

More than 616,000 people die of heart disease each year. This is about 25 percent of all deaths.

More than 79,400,000 people have one or more forms of heart disease.

One death every 34 seconds from heart disease.

Heart attacks per year in U.S.:

- 610,000 first time
- 325,000 second or more

Heart disease is the leading cause of disability in the U.S.

The average cost of a severe heart attack: \$1,000,000.

Average amount everyone pays toward heart disease costs per year, if they have it or not: \$878 per year.

Annual cost of coronary heart disease in U.S.: \$108.9 billion.

Signs of a heart attack:

- Light-headedness
- Discomfort in chest and upper body
- Shortness of breath
- Nausea
- Cold sweats

After a heart attack ...

- It takes about one month for your heart to heal.
- Treatment is multipronged and can include medications, lifestyle changes, and, in some cases, surgery.
- Twenty percent is the amount of people who die within one year of a heart failure diagnosis.
- You may be at risk of a stroke, kidney disorders, and peripheral arterial disease.

Sources:

- [www.heart.org](http://www.heart.org)
- [www.cdc.gov](http://www.cdc.gov)