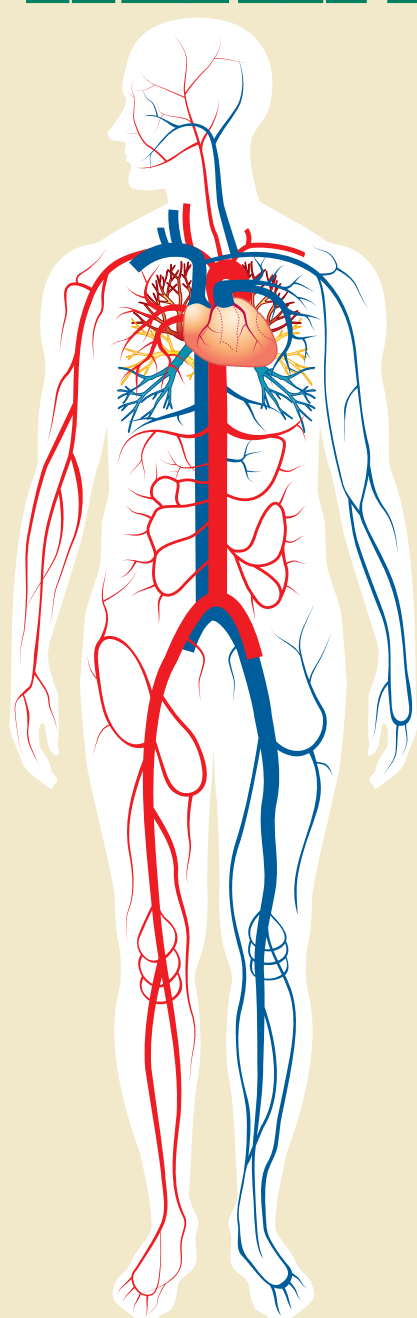


HEART HEALTH



HEART ATTACK:

Also known as myocardial infarction

WHAT HAPPENS?

The blood supply to part of the heart is interrupted. This causes an oxygen shortage to the heart muscle, causing damage and potential death to heart tissue.

ENVIRONMENTAL RISK FACTOR:

Short- and long-term exposure to present day concentrations of ambient particulate matter.

THREE FACTORS AFFECTING ENVIRONMENTAL RISK



Amount of Air Pollution



Amount of Personal Exposure



Overall Health

WHO'S AT RISK?

THOSE WHO HAVE:

- High blood pressure
- High blood cholesterol
- Diabetes
- Exposure to cigarette smoke (first- or second-hand)
- Poor diet
- Physical inactivity
- Obesity
- Excessive alcohol consumption
- Family history of cardiovascular disease



WHAT CAN YOU DO TO LIMIT ENVIRONMENTAL RISKS?

- ✓ Use the Air Quality Index to know when air pollution may be bad in your area
- ✓ Plan activities when and where pollution levels are lower, usually in the morning and evening
- ✓ Adjust activity level based on the Air Quality Index
- ✓ Exercise away from roads and highways where air pollution is usually worse
- ✓ Do easier outdoor activities like walking instead of running or using a riding lawn mower instead of a push mower

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about heart health

www.cdc.gov/ephtracking

