



SCAN FOR NURSE T'S WEBSITE

# HEART DISEASE

## WHAT IS IT?

### Hypertension (High Blood Pressure)

High blood pressure is a common condition in which the pressure of your blood moving in your arteries is high enough that it may eventually cause heart disease.

### Congestive Heart Failure (CHF)

Heart failure — sometimes known as congestive heart failure — occurs when the heart muscle doesn't pump blood as well as it should. When this happens, blood often backs up and fluid can build up in the lungs, causing shortness of breath.

### Coronary Artery Disease (CAD)

CAD is the most common cause of heart failure. The disease results from the buildup of fatty deposits in the arteries, which reduces blood flow and can lead to a heart attack.

### Myocardial Infarction (Heart Attack)

A heart attack occurs when blood flow to the heart suddenly becomes blocked. Without blood coming in, the heart can't get oxygen. If not treated quickly, tissue in the heart begins to become damaged or die.

### Myocarditis

Inflammation of the heart muscle (myocarditis) is most commonly caused by a virus, including COVID-19, and can lead to heart failure.



## ARE YOU AT RISK FOR HEART DISEASE?

- Are you overweight or obese?
- Do you smoke?
- Do you have a diet high in sodium (salt)?
- Do you consume 2+ alcoholic drinks per day?
- Are you under a lot of stress?
- Are you older?
- Do you have high blood pressure or diabetes?
- Are you inactive?
- Do you have a family history of heart disease?
- Do you have sleep apnea, chronic kidney disease, or thyroid/adrenal disorders?

## SIGNS AND SYMPTOMS

### Heart Attack

- Chest pain or discomfort
- Upper back, upper body or neck pain
- Indigestion, heartburn, nausea or vomiting
- Extreme fatigue or dizziness

### Heart Failure

- Shortness of breath
- Extreme fatigue
- Swelling of feet, ankles, legs, abdomen, or neck veins



## HURLEY OFFERS EXCEPTIONAL HEART AND VASCULAR SERVICES

Hurley is the region's only accredited Cath Lab with the only Congestive Heart Failure Navigator in the area.

[Contact the Hurley's Heart Center for more information on insurance coverage and referrals.](#)

Diagnostic Cardiology/Echocardiography  
810.262.7124

Catheterization Lab  
810.262.7125

Cardiac Rehabilitation (Phase II & Phase III)  
810.262.2212

## ALL ABOUT CARDIAC REHAB

Cardiac Rehabilitation is an important program for anyone recovering from a heart attack, heart failure, or some type of heart surgery. It is a supervised program that includes:

- Physical Activity
- Education about healthy living (including healthy eating and taking medications as prescribed)
- Electrocardiogram (ECG) monitoring

Most insurances cover the program, speak with your Physician or Cardiologist for eligibility and a referral to the program.

