



Below are the most commonly asked medical questions in a few seasonally-relevant topics. We hope you find this helpful. **Please note: to properly diagnose your medical condition, it is necessary that you consult with a physician. If you are in need of a primary care provider, please call (812) 332-4468. If you are experiencing a medical emergency, call 9-1-1.**

Heart Health Awareness

What is coronary heart disease (heart disease)?

Heart disease is a disorder of the blood vessels of the heart that can lead to blocked arteries and ultimately a heart attack.

Heart Disease only affects men, right?

Wrong. One in four women in the United States dies of heart disease.

What are other cardiovascular diseases?

Stroke, high blood pressure, chest pain, and rheumatic heart disease.

What are the risk factors of heart disease?

Risk factors that you can control include: high blood pressure, high cholesterol, diabetes, smoking, being overweight, or physically inactive. Other risk factors that are not preventable include family history of heart disease and age.

What can I do to lower my risk for heart disease?

Quitting smoking, eating right, and exercising can help you lower your risk for heart disease. You can also talk to your doctor about assessing your risk and ways to reduce it.

To learn more, and to see a complete listing of information, please follow the link below:

<http://www.nhlbi.nih.gov/educational/hearttruth/lower-risk/index.htm>