



# Love your HEART

with Check Into Cash 

February is American Heart Month. Take a moment to learn what steps you can take to: Know Your Risk, Recognize the Signs, Lower Your Risk of cardiovascular diseases and stroke.

## Know the Risks <sup>[1]</sup>

Did you know? Your risk of heart disease is higher if:

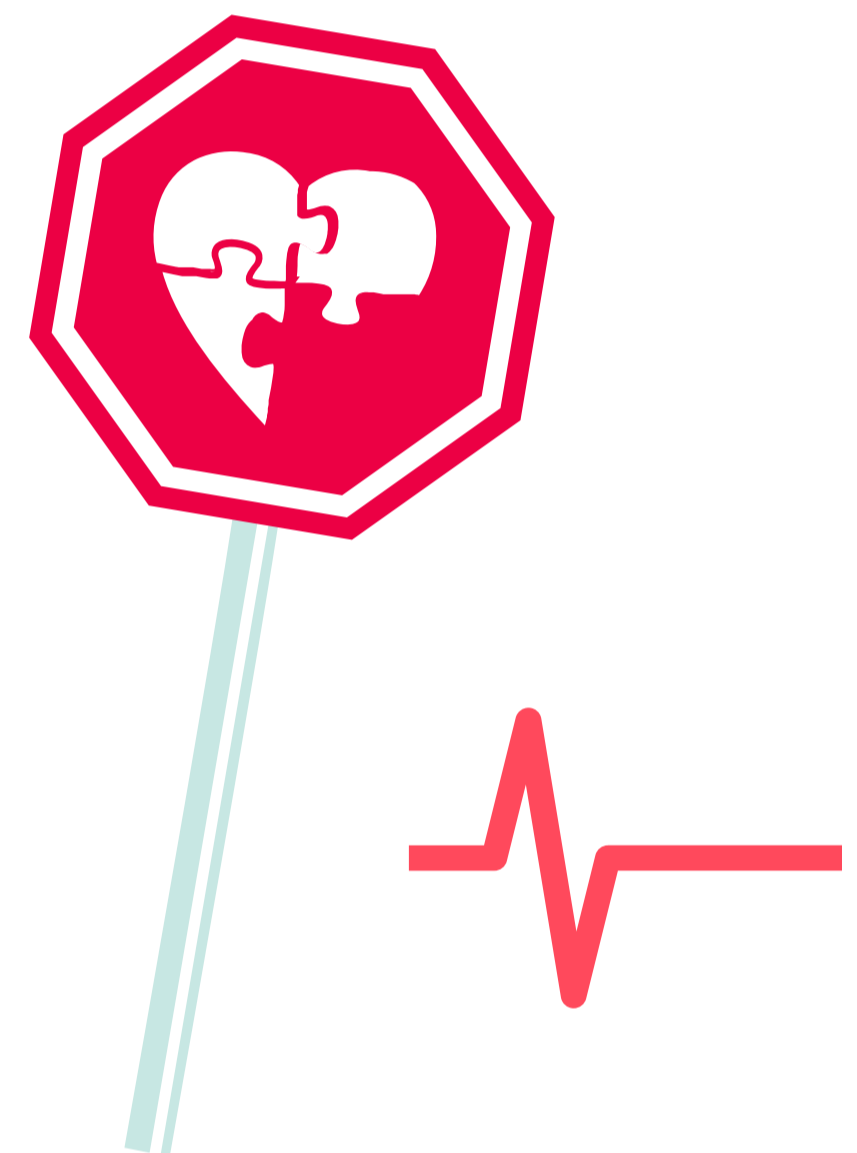
- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65



## Recognize the Signs <sup>[2]</sup>

Common signs of heart attack include:

- Shortness of breath
- Feeling nauseated
- Vomiting
- Stomach ache
- Feeling like you have heartburn
- Breaking out in a cold sweat
- Feeling dizzy
- Feeling lightheaded
- Feeling unusually tired
- Pain or discomfort in the center or left side of chest
- Feeling of pressure, squeezing, or fullness in center or left side of chest
- Pain or discomfort in upper body- including arms, back shoulder, neck, jaw, or upper stomach



## Lower Your Risk <sup>[3]</sup>

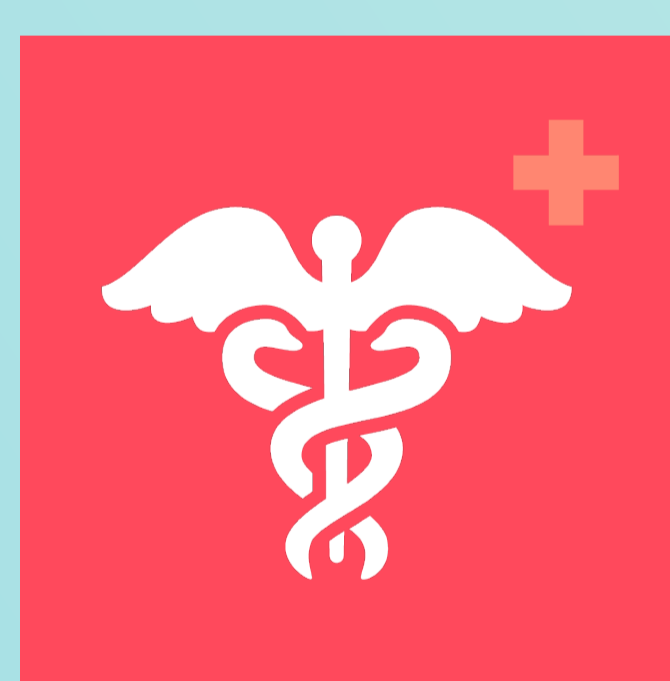
What Can I Do?



Know your blood pressure and check it regularly



Eat healthy



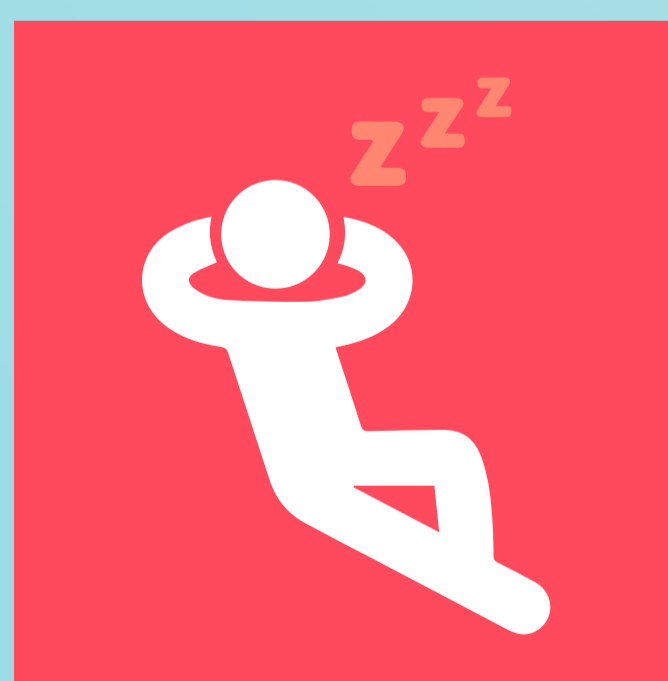
Talk to your doctor about possible medications



Watch your weight



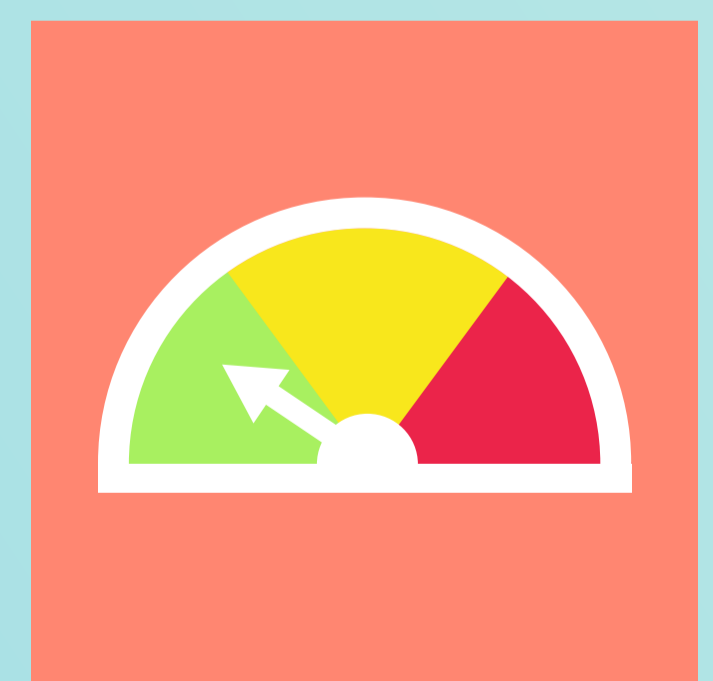
Limit alcohol to one drink daily



Lower Stress



Quit smoking



Control your cholesterol

## To Learn More

For more information on American Heart Month and how to get involved, visit [CheckIntoCash.com/LoveYourHeart](https://www.checkintocash.com/loveyourheart) #loveyourheart

Check Into Cash is not providing health care advice.

## Sources

[1] [2] [3] <https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/keep-your-heart-healthy>