

# Bailey Hutchins



## Cardiovascular Disease

### Risk Factors for Developing Heart Disease

- Age
- Gender
- Family History
- Smoking
- Medication/Treatments
- Poor Diet
- High Blood Pressure
- High Cholesterol
- Diabetes
- Obesity
- Physical Inactivity
- Stress
- Poor Hygiene

### The Heart

- Muscular Organ
- Oxygen-rich/poor Blood
- Right Side
- Left Side

### Symptoms of Heart Disease: Blood Vessels

- Chest Pain or Discomfort
- Shortness of Breath
- Pain or Weakness in extremities
- Pain in body

### Symptoms of Heart Disease: Heartbeats

- Fluttering
- Racing Heartbeat
- Slow Heartbeat
- Chest pain or discomfort
- Shortness of breath
- Lightheadness
- Dizziness
- Fainting or near

### Symptoms of Heart Disease: Heart Infections

- Fever
- Shortness of Breath
- Weakness
- Swelling
- Heart Rhythm Changes
- Coughing
- Skin Rashes

### Symptoms of Heart Disease: Heart Defects

- Cyanosis
- Swelling
- Short of Breath
- Tiring during exercise

### When to See a Doctor

- Chest pain
- Shortness of breath
- Fainting

