



# ADULT

# HEALTH BULLETIN



## FEBRUARY 2017

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### THIS MONTH'S TOPIC:

## HEART DISEASE IN MEN



**H**eat disease is actually a term used to describe a wide variety of heart conditions. The most common heart condition that is associated with heart disease is coronary heart disease. Coronary heart disease can cause a heart attack. There are other heart diseases that affect the valves in the heart or the ability of the heart to pump blood effectively. Men and women alike are at risk for heart disease, and in fact, it is a leading cause of death for both.

### Did you know some of these heart disease facts about men?

- The leading cause of death for men in the United States is heart disease. It is the cause for almost one out of every four male deaths.
- Half of men who die from heart disease did not have any previous symptoms.
- Of all sudden cardiac events, 70 to 89 percent occur in men.

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# Having a healthy heart is very important. This month, reflect on how well you are taking care of yours.



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## Key risk factors for heart disease include:

- High blood pressure
- High LDL cholesterol
- Smoking

## Other risk factors include:

- Diabetes
- Obesity
- Poor diet
- Inactivity
- Excessive alcohol use

*The leading cause of death for men in the U.S. is heart disease. It is the cause for almost one out of every four male deaths.*

- 41.3 percent of U.S. males over the age of 20 have a total cholesterol level over 200mg/dL.
- 21.3 percent of males smoke cigarettes.
- Approximately 72.9 percent of men age 20 and older are overweight or obese.
- Of approximately 19.7 million Americans with diabetes, about 9.6 million are men (almost 49 percent).

Having a healthy heart is very important. This month, when you see a heart, reflect on how well you are taking care of yours.

### SOURCE:

[https://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm\\_319573.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm_319573.pdf)

## According to the American Heart Association:

- Among men age 20 and older, 33.4 percent of white males and 42.6 percent of African American males have high blood pressure.

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