

# Heart Disease <sup>#</sup>1 CAUSE OF DEATH

22.1% of deaths  
for South Dakotans in 2016.

## *A Heart Attack*

A heart attack can happen to anyone...any age, gender or race. A heart attack is when a section of the heart muscle dies or is damaged because of reduced blood supply. Heart attacks can start slowly and cause only mild pain or they can be more intense and sudden. Symptoms may come and go over several hours. Some people don't have any symptoms.

*Almost* **30,000**

**SOUTH DAKOTANS** have had a heart attack.



If you or someone else is experiencing these signs,

**CALL 911  
RIGHT AWAY!**



### Heart Attack Risk Factors:

- Lack of Physical Activity
- High Blood Pressure
- High Cholesterol
- Obesity
- Cigarette Smoking
- Diabetes

## COMMON SIGNS OF A HEART ATTACK:

Light-headedness  
or sudden dizziness

Breaking out  
in a cold sweat

Feeling unusually  
tired for no reason

Shortness  
of breath

Chest pain  
or discomfort

Feeling sick to  
the stomach  
and vomiting

Upper body  
discomfort

Women are somewhat more likely to have shortness of breath, nausea, vomiting, unusual tiredness, and pain in the back, shoulders, and jaw.

#### Resources:

Million Hearts: [millionhearts.hhs.gov](http://millionhearts.hhs.gov)  
SDDOH: [doh.sd.gov/diseases/chronic/heartdisease](http://doh.sd.gov/diseases/chronic/heartdisease)

Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)  
American Heart Association: [www.heart.org](http://www.heart.org)  
SD Health Data and Statistics (2012): [doh.sd.gov/statistics](http://doh.sd.gov/statistics)



ALMOST

15,000

SOUTH DAKOTANS  
have previously had a **STROKE**.

## COMMON *Signs* OF A STROKE

 *Call 911 if you experience:*

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden trouble seeing in one or both eyes

Sudden severe headache with no known cause

Sudden confusion or trouble speaking

Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)

## *Stroke*

A stroke is a brain attack that occurs when blood flow to the brain becomes blocked. Lack of blood flow during a stroke can cause portions of the brain to become damaged, often beyond repair. A stroke can cause lasting brain damage, long-term disability, or even death.

## LIFE *After* A STROKE

Trouble remembering, learning new activities or doing new tasks

Problems with anger, sadness and anxiety problems

Vision problems

Problems swallowing and eating

Trouble speaking, reading, or writing

Pain, numbness, or tingling in your limbs

Weakness on one side of the body

Bladder or bowel problems

Trouble with walking and coordination

In 2016, stroke accounted for  
**5.4% OF DEATHS**  
in South Dakota.

### Resources:

National Institutes of Health: [ninds.nih.gov](http://ninds.nih.gov)  
Centers for Disease Control and Prevention: [cdc.gov/stroke](http://cdc.gov/stroke)  
National Stroke Association: [stroke.org](http://stroke.org)