



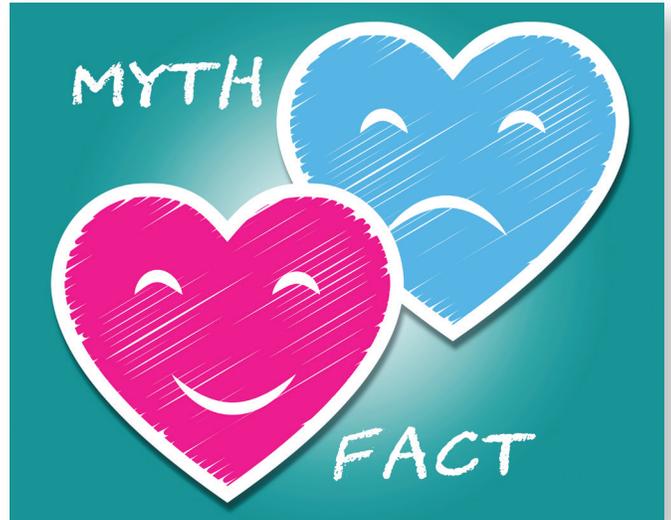
BONUS ARTICLE

Test yourself: Can you spot the heart disease myths?

Year in and year out, heart disease kills more Americans than any other disease. Knowing the facts can help you make heart-smart decisions and understand how heart disease could impact you.

Are these statements a myth or fact?

- 1 Heart disease only happens to people over age 50.
- 2 If you have high blood pressure, you know it.
- 3 A cholesterol check isn't needed until age 40.
- 4 Physical activity can lower blood pressure, cholesterol, and blood sugar levels.
- 5 The signs of a heart attack are the same for men and women.
- 6 The body makes its own cholesterol in the liver.
- 7 The amount of alcohol a person drinks has no impact on heart disease risk.



Myth or Fact?

- 1 **Myth.** Heart disease can impact people of any age. Young and middle-aged people, as well as older adults, can develop heart problems.
- 2 **Myth.** High blood pressure doesn't usually announce itself with significant symptoms. In fact, it's known as the "silent killer." The best way to learn whether you have high blood pressure is to have it checked with a blood pressure test.
- 3 **Myth.** The American Heart Association recommends having your first cholesterol test at age 20, and getting it checked about every 5 years after that if risk remains low.
- 4 **Fact.** Adults should get at least 150 minutes of moderate-intensity exercise, such as biking or brisk walking, every week.
- 5 **Myth.** Men and women have different symptoms. Women are more likely to have nausea, unexplained tiredness, and jaw pain. Signs for both men and women can include chest pain and shortness of breath.
- 6 **Fact.** The liver makes all the cholesterol your body needs, but we often take in more through the foods we eat.
- 7 **Myth.** Drinking too much alcohol increases blood pressure levels and your risk for heart disease. Women should have no more than one drink a day, and men should have no more than two. ♦