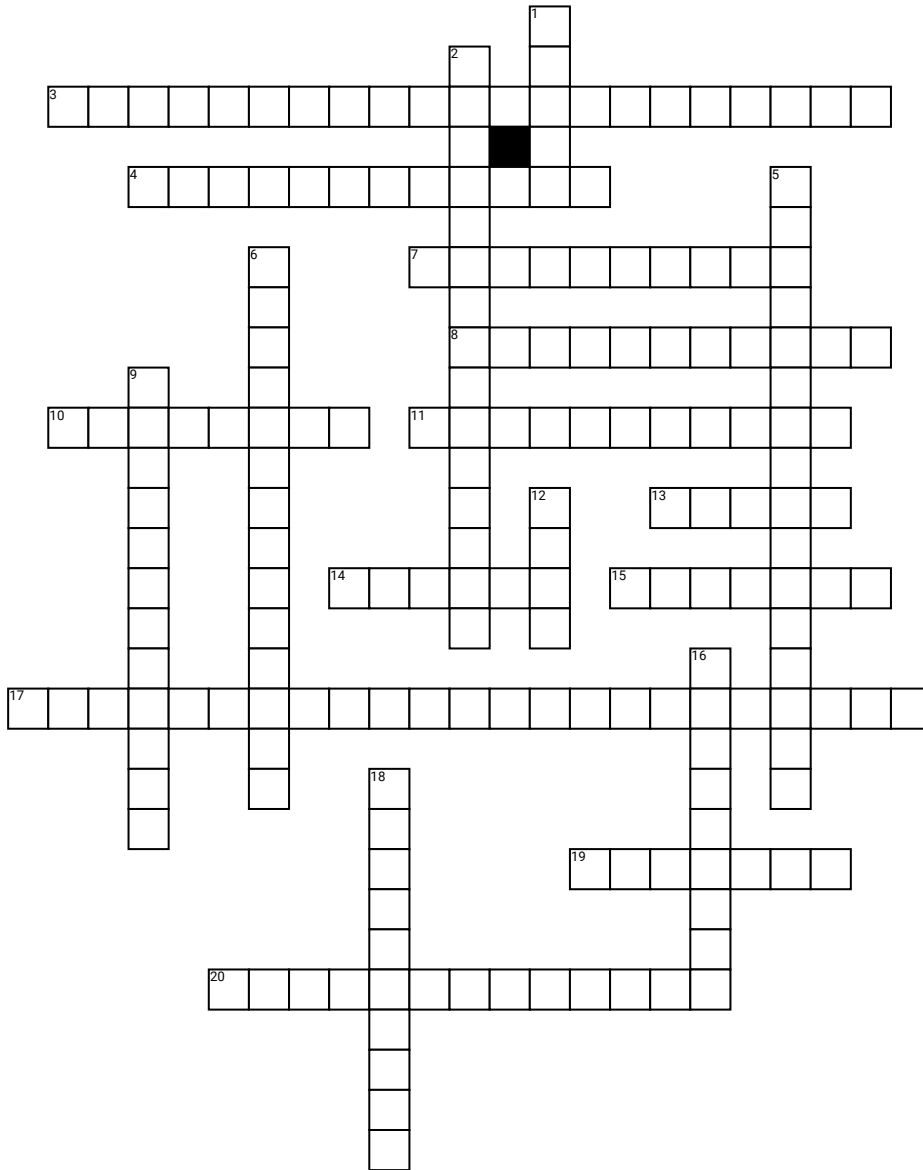


Heart Month- Heart Health Awareness



Across

3. The most common type of heart disease in the U.S.

4. Patients who have experienced heart attack, heart failure, angioplasty, or heart surgery are referred to this program, upon hospital discharge, to improve overall cardiovascular health

7. The type of risk factor that you have the ability to take measures to change

8. A soft, fat-like substance found in the blood and in all the body's cells that, over time, can harden and turn into plaque on the inner walls of your arteries

10. Doing this regularly has a favorable effect on many of the established risk factors for cardiovascular disease

11. Occurs when the flow of oxygen-rich blood, in one or more of the coronary arteries, suddenly becomes blocked and could eventually lead to heart muscle death

13. This is about the size of your two hands clasped together

14. Chest pain or discomfort caused when your heart muscle does not get enough oxygen-rich blood

15. This has been shown to increase your heart rate, tighten major arteries, cause irregular heart rhythms, and increase blood pressure, all making your heart work harder

17. Medication combination that significantly lowers the risk of coronary stent thrombosis and recurrent myocardial infarction

19. A symptom of a heart attack more often reported by women

20. A medication that helps widen the blood vessels so more blood gets to your heart muscle

Down

1. The largest artery that carries blood from the heart to other parts of the body

2. Occurs when blood vessels that carry oxygen and nutrients from your heart to the rest of your body become thick and stiff – sometimes restricting blood flow to your organs and tissues

5. A common test that records the electrical signals in your heart used to detect heart problems and monitor the hearts status in many situations

6. Term referencing diseases of the heart muscle that can enlarge your heart muscle or make it thicker and more rigid than normal

9. A diet plan to eat plenty of nutrient-rich foods – fruits and vegetables, whole grains, lean poultry and fish – and avoid saturated fats, trans fats, and excess sodium and sugar

12. The primary goal of this public awareness campaign is to promote awareness that heart attacks have "beginnings" that can occur weeks before the actual attack (acronym)

16. The most common symptom of a heart attack

18. A normal aortic valve is approximately the size of this coin