HOW ARE RIGHT & LEFT HEART DISEASES DIFFERENT?

**HOW THE HEART WORKS**

- **The left side** of the heart moves the re-oxygenated blood throughout the body so that every part receives the oxygen it needs.
- **The right side** of the heart picks up the oxygen-poor blood from the body and moves it to the lungs for cleaning and re-oxygenating.

**WHAT’S THE DIFFERENCE?**

- **Right-Sided Heart Disease**
  - Most common
  - Coronary or heart artery disease (CAD)
  - Heart attack
  - Long-term high blood pressure

- **Left-Sided Heart Disease**
  - Decreases the ability to pump blood to the lungs for reoxygenation – causing blood to back up in the veins and the legs, ankles and abdomen to swell.
  - Sudden shortness of breath during sleep that wakes you

**CAUSES**

- **Right-Sided Heart Disease**
  - Lack of appetite
  - Nausea
  - Dizziness, passing out with exertion

- **Left-Sided Heart Disease**
  - Shortness of breath
  - Palpitations
  - Coughing
  - Weakness
  - Fatigue
  - Low energy
  - Swelling (abdomen, legs)
  - Wheezing
  - Chest pain
  - Difficulty concentrating, forgetfulness, confusion

**SYMPTOMS**

- **Right-Sided Heart Disease**
  - Shortness of breath
  - Palpitations
  - Coughing

- **Left-Sided Heart Disease**
  - Shortness of breath while exercising or when lying down

**YOU CAN PREVENT HEART DISEASE**

- Quit smoking & avoid secondhand smoke
- Keep other health conditions well managed
- Do aerobic exercise and strength training daily
- Eat fruits, vegetables, fish, nuts, legumes, seeds & lean protein
- Limit bad fats, sodium, sugar & fatty proteins
- Avoid processed foods
- Maintain a healthy weight
- Reduce and manage stress
- Get a good night’s sleep

**HEART DISEASE FACT**

- Most heart attacks happen on Monday
- About 80% of heart diseases and strokes are preventable
- A person dies of heart disease every 36 seconds in the U.S.
- Women develop pulmonary arterial hypertension 2-3 X more often than men

**YOU CAN PREVENT HEART DISEASE**

- Quit smoking & avoid secondhand smoke
- Keep other health conditions well managed
- Do aerobic exercise and strength training daily
- Eat fruits, vegetables, fish, nuts, legumes, seeds & lean protein
- Limit bad fats, sodium, sugar & fatty proteins
- Avoid processed foods
- Maintain a healthy weight
- Reduce and manage stress
- Get a good night’s sleep

*This information was reviewed by Andrew Freeman, MD, and M. Patricia George, MD. * 

Call 9-1-1 immediately when you are experiencing heart disease symptoms.