

# HOW ARE RIGHT & LEFT HEART DISEASES DIFFERENT?

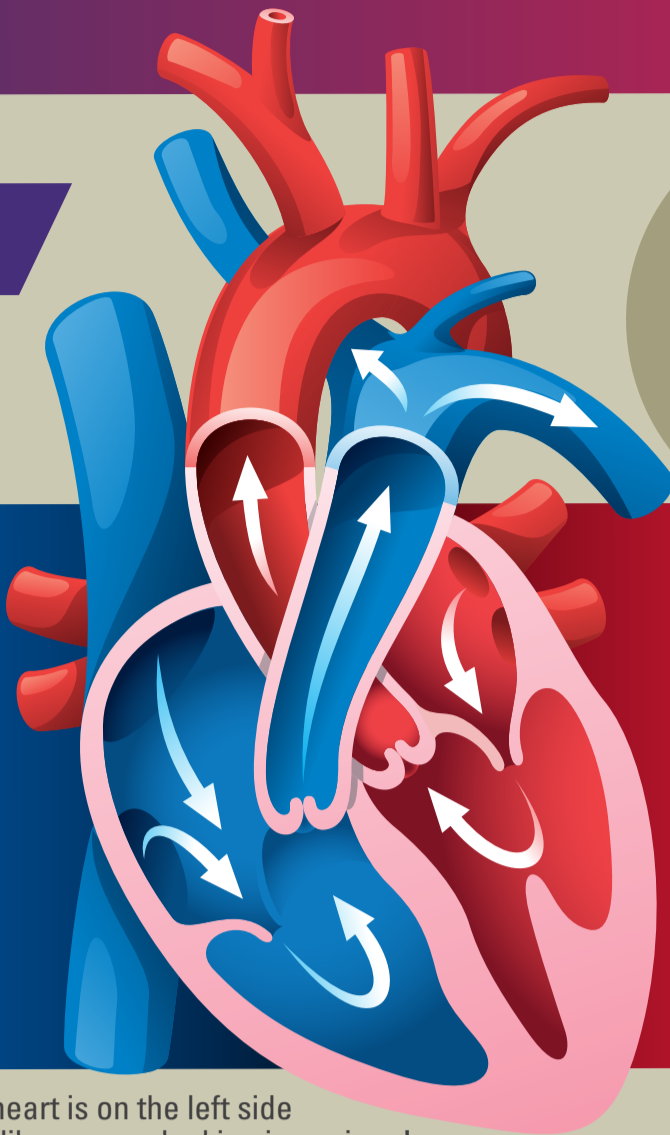


**HEART DISEASE FACT**  
#1  
Heart disease is the **#1 cause of death** in the U.S.

## HOW THE HEART WORKS

- Two hearts in one, working together in a continuous loop.
- A pump on the right.
- A pump on the left.
- An electrical system keeps your heart beating in a normal rhythm.

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.



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 is on the left side in these illustrations, like you are looking in a mirror!

**HEART DISEASE FACT**  
About **50%** of Americans have a form of heart disease

**HEART DISEASE FACT**  
Most heart attacks happen on **Monday**

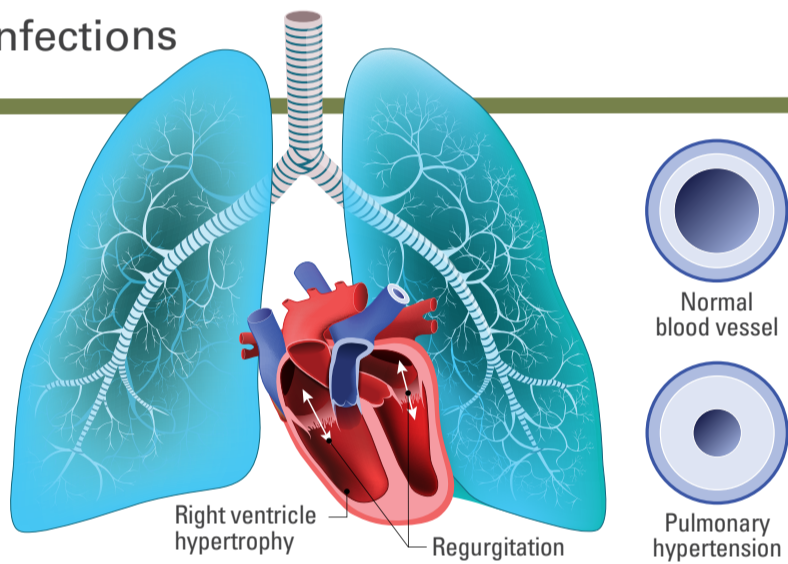
## WHAT'S THE DIFFERENCE?

### CAUSES

#### Right-Sided Heart Disease

*Less common*

- High blood pressure in the lungs
- Blood clots in the lungs
- Infections
- Left-sided heart failure
- Chronic lung diseases such as COPD, emphysema



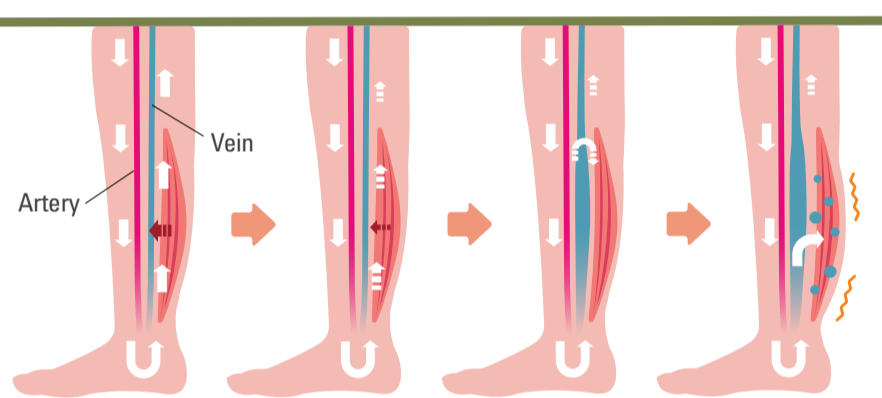
#### What it does

Increases pressure in the lungs and is a common cause of pulmonary hypertension (high blood pressure in the lungs)

#### Left-Sided Heart Disease

*Most common*

- Coronary or heart artery disease (CAD)
- Heart attack
- Long-term high blood pressure



#### What it does

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

## SYMPTOMS

#### Right-Sided Heart Disease

- Lack of appetite
- Nausea
- Dizziness, passing out with exertion

#### Both Right and Left Heart Disease

- Shortness of breath w/ exercise
- Palpitations
- Coughing
- Weakness
- Fatigue
- Low energy
- Swelling (abdomen, legs)
- Wheezing
- Chest pain
- Difficulty exercising
- Sudden weight gain
- Difficulty concentrating, forgetfulness, confusion

#### Left-Sided Heart Disease

- Shortness of breath w/ exercise or when lying down
- Sudden shortness of breath during sleep that wakes you

**HEART DISEASE FACT**  
Women develop pulmonary arterial hypertension **2-3 X more** often than men

**HEART DISEASE FACT**  
**23.5 million** have sleep apnea, a cause of heart disease

**HEART DISEASE FACT**  
**80%** of heart diseases and strokes are preventable

## 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**  
A person dies of heart disease every **36 seconds** in the U.S.

