



Is your heart older than you?

The year you were born reveals your age. It's part of your identity. But despite the number on your driver's license, your heart may be telling a different story.



Some people have hearts that are older than their actual age. This means many people are at high risk of heart attacks and strokes – even if they don't know it.

Your “heart age” is based on certain risk factors you may have for heart disease. This includes lifestyle habits, your body mass index, and certain health problems. You can lower your heart age by adopting heart-healthy habits such as a healthy diet, regular exercise, not smoking, limiting alcohol, getting quality sleep, and managing stress.

SIGNS OF A HEART ATTACK

- Pressure, squeezing, or pain in the chest
- Pain in the jaw, neck, upper back, arms, or abdomen
- Trouble breathing
- Feeling dizzy or nauseated
- Cold sweats

If you experience these symptoms, it's best to call 911 immediately before you do anything else.