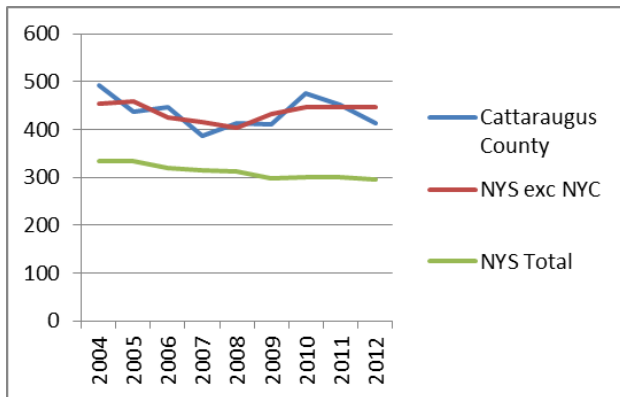
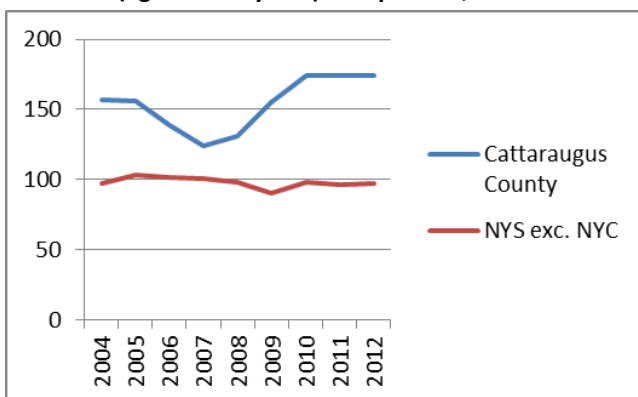


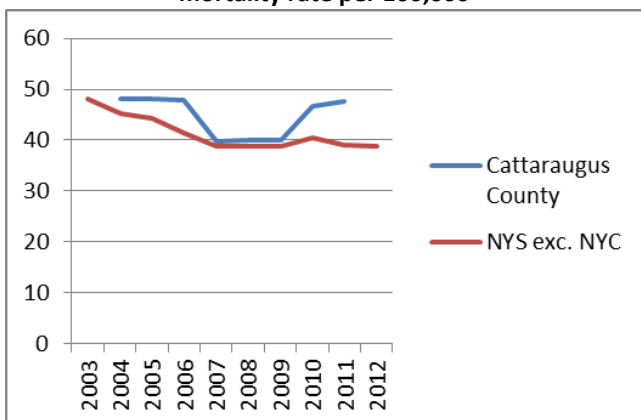
Cardiovascular Disease Mortality Rate per 100,000¹



Cardiovascular Disease premature death (aged 35-64 years) rate per 100,000¹



Cerebrovascular Disease (stroke) mortality rate per 100,000¹



What are Cardiovascular Diseases?

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels and they include:

- **Coronary Heart Disease** – disease of the blood vessels supplying the heart muscle
- **Cerebrovascular Disease** – disease of the blood vessels supplying the brain; may be the eventual cause of stroke
- **Congestive Heart Failure** – a disorder where the heart loses its ability to pump blood efficiently
- **Peripheral Arterial Disease** – disease of blood vessels supplying the arms and legs
- **Rheumatic Heart Disease** – damage to the heart muscle and heart valves from rheumatic fever, caused by streptococcal bacteria
- **Congenital Heart Disease** – malformations of heart structure existing at birth

Of the 62 counties in New York State, Cattaraugus County ranks the 4th highest in the state for instances of Cardiovascular Disease. Cardiovascular Disease is the number one cause of premature death in Cattaraugus County.

What can happen if Cardiovascular Disease remains untreated?

Untreated Cardiovascular Disease can lead to a health attack or stroke. Heart attacks and strokes are usually serious events and are caused by a blockage that prevents blood from flowing to the heart or brain. The most common reason for this is a build-up of fatty deposits on the inner walls of the blood vessels that supply the heart or brain.

What are the symptoms of Cardiovascular Disease?

Cardiovascular disease symptoms may be different for men and women. For instance, men are more likely to have chest pain; women are more likely to have symptoms such as shortness of breath, nausea and extreme fatigue.

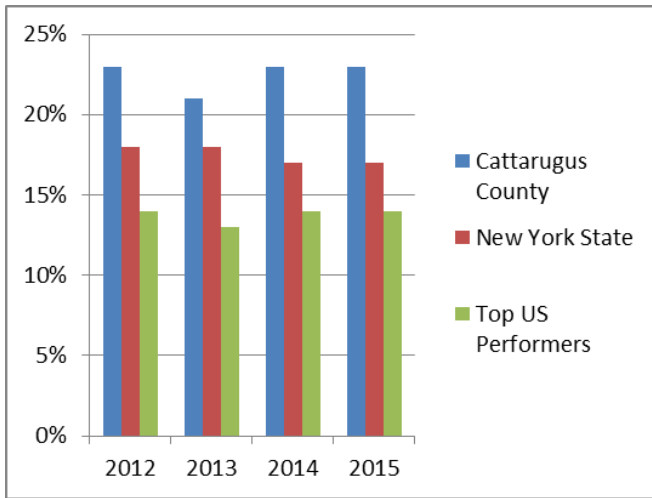
Symptoms can include:

- Chest pain (angina)
- Shortness of breath
- Pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed
- Pain in the neck, jaw, throat, upper abdomen or back

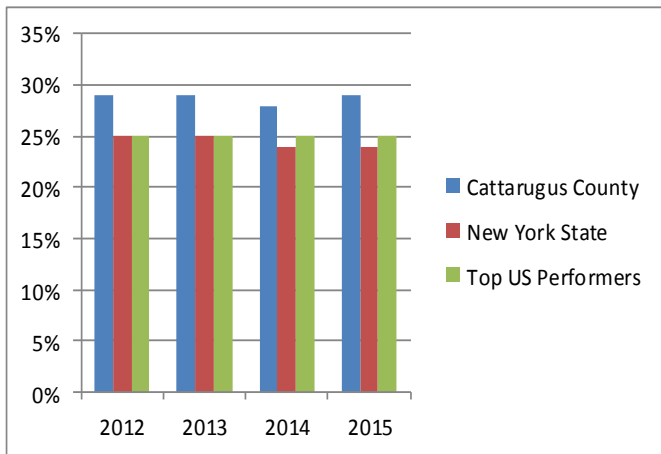
You might not be diagnosed with cardiovascular disease until you have a heart attack, angina, stroke or heart failure. It's important to watch for cardiovascular symptoms and discuss concerns with your doctor. Cardiovascular disease can sometimes be found early with regular exams.

1. New York State Department of Health, Data & Reports, Cardiovascular Disease Indicators (Crude Data). https://www.health.ny.gov/statistics/chac/chai/docs/chr_4.htm/. Accessed April 29, 2015

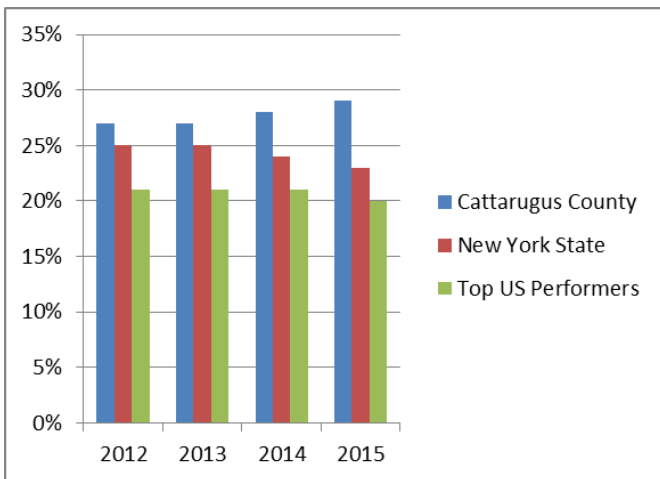
Percent of Population Who Smoke ²



Percent of Population are Obese ²



Percent of Population are Physically Inactive ²



What are the risk factors of Cardiovascular Disease?

Cardiovascular Diseases can be prevented. Unhealthy behaviors are major contributors to a diagnoses of a cardiovascular disease. Tobacco use, physical inactivity, poor nutrition, obesity, high blood pressure, high blood cholesterol, and diabetes are known risk factors for Cardiovascular Diseases. Studies have shown that people can reduce their risk for cardiovascular disease by modifying their behavior.

Quit Smoking

Quitting smoking can be challenging. If you need help talk you your primary care doctor. If you don't have a primary care doctor call the New York State Quit Line at 1-866-NY-QUITS or visit www.nysmokefree.com. You may be eligible for a free Nicotine Replacement Therapy starter kit.

Get Physically Active

Starting a regular exercise routine can be tough. Talk to your doctor before you begin an exercise routine.

Also, talk to you doctor about the Olean-Bradford's YMCA Rx Program. With a doctor's recommendation you may be eligible for a free 30 day membership. If you don't live near the YMCA contact your local school district to see if they have a shared use agreement with the local residents. Often times schools will open their exercise facilities for public use when school is not in session.

To stay motivated, choose activities that are fun, set realistic goals and celebrate your progress.

Make Healthier Food Choices:

Control your portions. Try eating slower and use a smaller dinner plate.

Eat more fruits and vegetables. Keeps fruits and veggie washed and cut in your fridge for a quick snack.

Select whole grains. Make the switch to whole wheat bread or pasta. Try eating high fiber cereals or oatmeal for breakfast.

Limit unhealthy fats. Olive oil, canola oil, nuts, seeds and avocados contain healthy fats. Try to limit butter, bacon fat, non-dairy creamers, and gravy.

Choose low fat proteins. Good sources of low fat proteins are 1% or skim milk, eggs, fish, skinless chicken, and 90% lean ground beef. Try to avoid full fat milk, fatty marbles meats, hotdogs, sausages, and bacon.

Reduce salt in your food. Try reduces sodium condiments, soups or prepared meats. Try flavoring your food with salt substitutes or use herbs and spices.

Create a daily menu. Planning a menu saves time and money. It can also make it easier to stick to a healthy diet.

Allow yourself the occasional treat. Everything in moderation. A candy bar or a handful of chips will not derail your healthy diet. Don't let a little indulgence turn into an excuse for giving up your healthy eating plan!

2. County Health Rankings and Roadmaps, Cattaraugus County Health Rankings. <http://www.countyhealthrankings.org/app/new-york/2012/rankings/cattaraugus/county/outcomes/overall/snapshot> Accessed April 29, 2015.