For both men and women of any age, cardiovascular disease can be the number one killer. It kills lots more people than ALL different types of cancer joined together. If you are black or over 65, your chance of heart disease is greater, however it is an equal opportunity destroyer. Anyone, anywhere, every time can have a cardiac arrest.¹

**Myth #1: Solely adults need to worry about their heart.**

What may cause a heart attack build up gradually. Being a couch-potato, boredom eating without exercising are very bad habits that may possibly begin in when we are children. An increasing number of medical doctors are starting to find out victims of heart attacks in their 20’s and 30’s compared to sufferers mostly in their 50’s and 60’s.

Being in shape and at the ideal weight does not make you safe from strokes. Although, both working out regularly and maintaining an ideal weight helps. You'll still need to look at your bad cholesterol and blood pressure. A good cholesterol (or lipid profile) amount is lower than 200 mg/dL. A very good blood pressure level is 120/80 mm Hg.

**Myth #2: I'd feel ill if I had high blood pressure levels or high cholesterol.**

They label these, “silent killers” basically because they show NO warning signs. One-third of all adults have high blood pressure levels. Of those, one-third have no idea they already have it. High cholesterol is a measure of the fats carried through your blood stream. Fats might be dropped anywhere in your own body, but may congregate all around internal organs, including your heart. This predisposition may run in families. So, even if you're at a good body weight and don’t smoke cigarettes, have your cholesterol levels and blood pressure checked on a regular basis—once is not adequate.²

**Myth #3: Both women and men DON'T have the same symptoms.**

Men and women CAN have exactly the same indicators, but they usually don’t. Ladies tend to have the subtler indicators and symptoms although men more often experience the kind of heart attacks you watch in the films. But, either gender CAN have any symp- toms.

These subtler warning signs, including jaw achiness, nausea, lack of breath and exces- sive weakness, tend to get explained away. “My jaw hurt since my lunchtime sandwich was on whole-grain bread and I simply had to chew very, very hard,” or, while clutching their stomach, “I should not have had that additional piece of pizza.” “Half of women do not have chest pain after all,” declares Kathy Magliato, a heart expert at California’s St. John’s Health Center. Put all the little signals to each other and listen to your system.
Surely, both men and women can have the “grab-your-chest-and-fall-down-gasping” kind of stroke, but now you no doubt know, it’s not the only way.

**Myth #4: If my blood sugar level is in check, type 2 diabetes is absolutely not a heart threat.**

Though maintaining your blood glucose level within a normal range (<100 mg/dL, according to the American Diabetes Association) keeps you healthier and stronger, just having the excess blood sugar in your body takes its toll on arteries. You’ll need working out and eating more healthy to help control your type 2 diabetes, but don’t forget to test your blood pressure level and cholesterol levels, too.

**Myth #5: My physician would order exams if I were vulnerable to cardiovascular disease.**

From time to time, most people forget to inform the physician the little pains we feel. The health professionals, not knowing some of the things we deem as insignificant, might pass over heart exams.

“Mammograms and colonoscopies are regularly prescribed by doctors,” says Mehrdad Ghafouri, a cardiologist at Inova Fairfax Hospital in the state of Virginia, “and are very important, but heart tests are not normally performed.” A cardiac scan can discover plaque build-up in the arteries even before you know you’ve a problem.

Do you have the engine oil pressure and transmission fluid examined in your car or truck? Have other preventive service done? Doesn’t your only heart ought to have as much consideration as your motor vehicle?

**References and Complementary Resources About Heart Disease**

1. The Web MD is a nice resource for reliable and timely health and medical news and information. They have a nice page covering coronary heart beliefs. It is available from [www.webmd.com/heart/features/heart-health-myths](http://www.webmd.com/heart/features/heart-health-myths).

2. The Web site “Cholesterol Lowering Diets” is a non-profits site that offers free knowledge for individuals who need to eat healthier and regulate their unhealthy cholesterol amounts trough diet. They offer a nice article to help persons to eat healthier and lower cholesterol without drugs. It is available from [www.cholesterolloweringdiets.net/cholesterol-naturally](http://www.cholesterolloweringdiets.net/cholesterol-naturally).

3. Health Central is amongst the most trusted resources for health care information and up to date news that include a doctor-authorized health encyclopedia of health issues and disorders. They have a decent post about 6 steps to Healthier Cardiovascular system. It is available from [www.healthcentral.com/heart-disease/diet-162120-5.html](http://www.healthcentral.com/heart-disease/diet-162120-5.html).

**About the Author**

M. M. Bruce ([Twitter.com/millie_bruce](http://Twitter.com/millie_bruce)) was born in Banffshire, Scotland on August 2, 1944. She had an undergraduate diploma in Medicine at the University of Glasgow in 1962. She did diet therapy and she taught adult nutrition in Adult Daycare Centers. She labored for clinical editors and testers that written and published reports for the New England Journal of Medicine. Now she’s retired and from august 2005 to the present she has been a guest freelance writer for medical sites and blogging sites.