

HEART FACTS

- Heart disease is the single leading cause of death in America today.
- Each year, 1.2 million Americans have a heart attack, and new or recent strokes affect about 700,000 Americans every year.
- Nearly 2,400 Americans die of Cardiovascular Disease each day, an average of one death every 37 seconds.
- Cardiovascular disease claims about as many lives each year as cancer, chronic lower respiratory diseases, accidents and diabetes mellitus combined.
- Men have a greater risk of heart disease than women and they have heart attacks earlier in life.
- More women than men die of heart disease, stroke, and other cardiovascular diseases in the U.S.
- Smoking is a big risk factor for heart disease. But when you quit smoking for one year, your risk of heart disease is cut in half.
- Heart disease is the leading cause of death for people with diabetes.
- Carrying excess body weight can increase your risk for heart disease or stroke - even if you don't have any other risk factors.
- Daily aspirin therapy helps lower the risk of heart attack and clot-related strokes, but aspirin therapy isn't right for everyone. Talk to your doctor before beginning or revising an aspirin regimen. Use only as directed by your doctor.

Listen to your heart.

Take it from me—when it comes to your heart's health, you should know the facts.

St. Joseph aspirin is part of an adult 81mg aspirin regimen frequently prescribed by doctors. But aspirin therapy isn't right for everyone. Talk to your doctor before beginning or revising an aspirin regimen. Use only as directed by your doctor.



ST. JOSEPH
ASPIRIN