



YOUR HEART IS YOUR HOME

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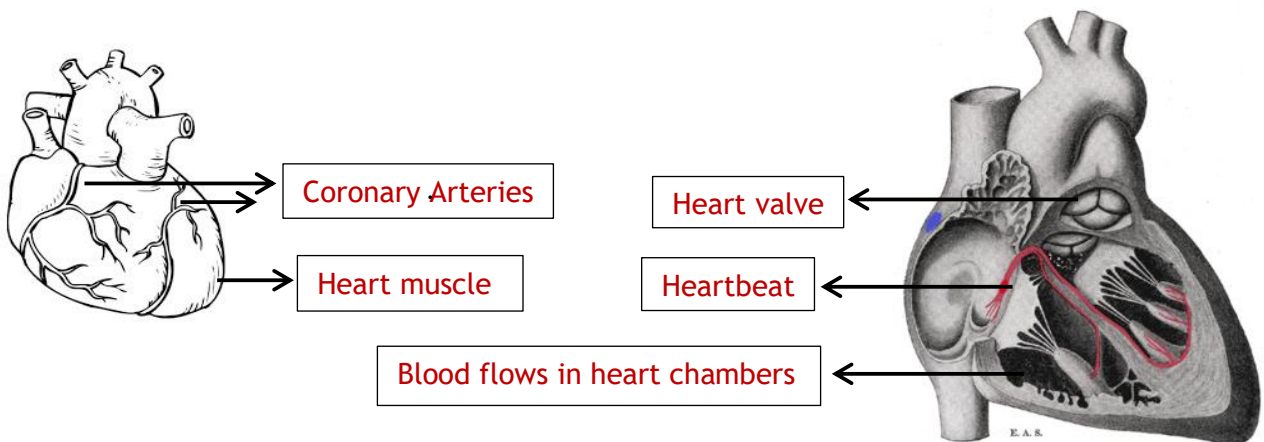
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Heart disease is very common and preventable. The heart is a complicated structure. Learning about heart anatomy helps in the understanding of heart disease. Here is a comparison of the parts of the heart to the structure of a house. Your heart is your home!



Heart muscle is the wall
Heart valves are the doors
Heartbeat is the electricity and wiring
Coronary Arteries are the pipes of the plumping
Blood is the water in the pipes

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**Take control and lower the risk of heart disease and strokes.**

**Know your numbers! Reach your goals!**

- Check and control your blood pressure
- Maintain a heart healthy weight
- Have a heart healthy food plan (diet)
- Be physically active with an exercise schedule
- Know and share your genetics and family history
- Control your blood glucose and Diabetes
- Learn about Cholesterol and reach your goal