



# About Heart Disease

## KEY POINTS

- The term "heart disease" refers to several types of heart conditions.
- Know your risk for heart disease so you can prevent it.
- High blood pressure, high blood cholesterol, and smoking are key risk factors.
- About 1 in 5 people in the United States died from heart disease in 2022.



## MORE INFORMATION

- For Everyone
- Public Health

## What is heart disease?

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is [coronary artery disease](#) (CAD). CAD affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

## Symptoms

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include: [\[1\]](#)

- [Heart attack](#): Chest pain or discomfort, upper back or neck pain, heartburn, nausea or vomiting, extreme fatigue, dizziness, and shortness of breath.
- [Arrhythmia](#) [\[2\]](#): Fluttering feelings in the chest (palpitations).
- [Heart failure](#): Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

## Risk factors

High [blood pressure](#), high blood [cholesterol](#), and [smoking](#) are key risk factors for heart disease. About half of people in the United States (47%) have at least one of these three risk factors. [\[2\]](#) Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- [Diabetes](#)
- [Overweight and obesity](#)
- [Unhealthy diet](#)
- [Physical inactivity](#)
- [Excessive alcohol use](#)

Learn how [heart disease and mental health disorders are related](#).

### Learn the Facts About Heart Disease

In 2022, **702,880** people in the United States died from heart disease. That's the equivalent of **1 in every 5 deaths**. [Learn more facts.](#)



# Treatment and recovery

## What is cardiac rehabilitation?


[Cardiac rehabilitation](#) is an important program for anyone recovering from a heart attack. This can also include heart failure, or some types of heart surgery. Cardiac rehabilitation is a supervised program that includes

- Physical activity.
- Education about healthy eating.
- Taking medicine as prescribed.
- Ways to help you quit smoking.
- Counseling to find ways to relieve stress and improve mental health.

A team of people may help you through cardiac rehabilitation. This may include

- Your health care team.
- Exercise and nutrition specialists.
- Physical therapists.
- Counselors or mental health professionals.

## What CDC is doing

- [Million Hearts®](#) 
- [WISEWOMAN](#)

## Resources


- [National Heart, Lung, and Blood Institute](#) 

### SOURCES

**CONTENT SOURCE:**

[National Center for Chronic Disease Prevention and Health Promotion; About the Division for Heart Disease and Stroke Prevention](#)

### REFERENCES

1. National Center for Health Statistics. [Multiple Cause of Death 2018–2022 on CDC WONDER Database](#). Accessed May 3, 2024.
2. Tsao CW, Aday AW, Almarzooq ZI, et al. [Heart Disease and Stroke Statistics—2023 Update: a report from the American Heart Association](#) . *Circulation*. 2023;147:e93–e621.