

Do You Know  
About...

# Heart Disease in Cleveland County

- **Heart Disease** is a term used to describe all the abnormal conditions that occur with the heart and blood vessels. This includes: coronary artery disease, myocardial infarction (heart attack), peripheral artery disease, and heart failure for other underlying conditions.
- **Coronary heart disease** is when plaque builds up in your arteries and can cause blockages which may result in heart attacks, stroke, and death.
- There are two types of **stroke** the most common being **Ischemic stroke** which is when a clot blocks an artery that leads to the brain or is in the brain and causes part of the brain to die.
- The second type is **hemorrhagic stroke** which is the bursting of a blood vessel to the brain that cuts off blood supply and causes part of the brain to die.
- Heart Disease is the leading cause of death in the United States and here in Cleveland County.
- African Americans are more likely to die from heart disease than their white counterparts.

## 2017:

41% African American Men  
23% White Men  
27% African American Women  
12% White Women

## Symptoms in Women:

Lower back pain, Severe heartburn,  
Significant fatigue, Lethargy, Nausea,  
Increased anxiety

## Uncontrolled Risk Factors:

Age, gender, genetics, and family  
history.

## Controllable Risk Factors:

blood pressure, cholesterol,  
diabetes. smoking, weight,  
physical activity, and dieting.

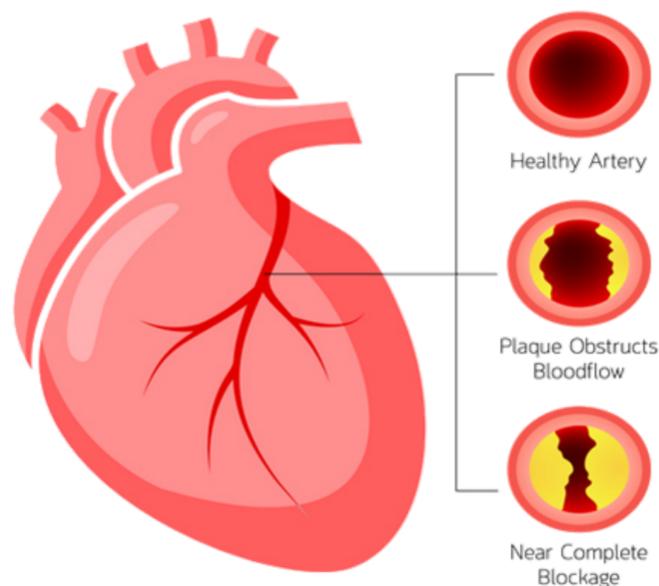
## Deaths 2014-2018 Cleveland County:

**Heart Disease:** 1,264

**Stroke:** 322

## Symptoms in Men:

Shortness of breath, Back pain,  
Vomiting, Chest pain, Jaw pain,  
Neck pain



# Resources

## **American Heart Association**

<https://www.heart.org/en>

## **Atrium Health Cardiac Rehabilitation**

- Address: 201 E Grover St, Shelby, NC 28150
- Phone: (980) 487-3659
- Medicare and Medicaid accepted

## **Atrium Health Sanger Heart & Vascular Institute**

- Address: 111 W Grover St, Shelby, NC 28150
- Phone: (980) 487-1900
- Medicare and Medicaid accepted

## **Community and Clinical Connections for Prevention and Health (CCCPH)**

<https://www.communityclinicalconnections.com/about-us/>

## **WISE WOMAN**

Cleveland County Public Health Center Wise Woman Program is a screening clinic to reduce the risk of heart disease and stroke in women. Patients will receive a free cholesterol, blood sugar and blood pressure screening. They will receive health coaching for any abnormal results. Patients must be uninsured, 40 years of age or older and meet financial eligibility. Call 980-484-5100 to determine eligibility and make an appointment.

[www.cdc.gov/wisewoman](http://www.cdc.gov/wisewoman)

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

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