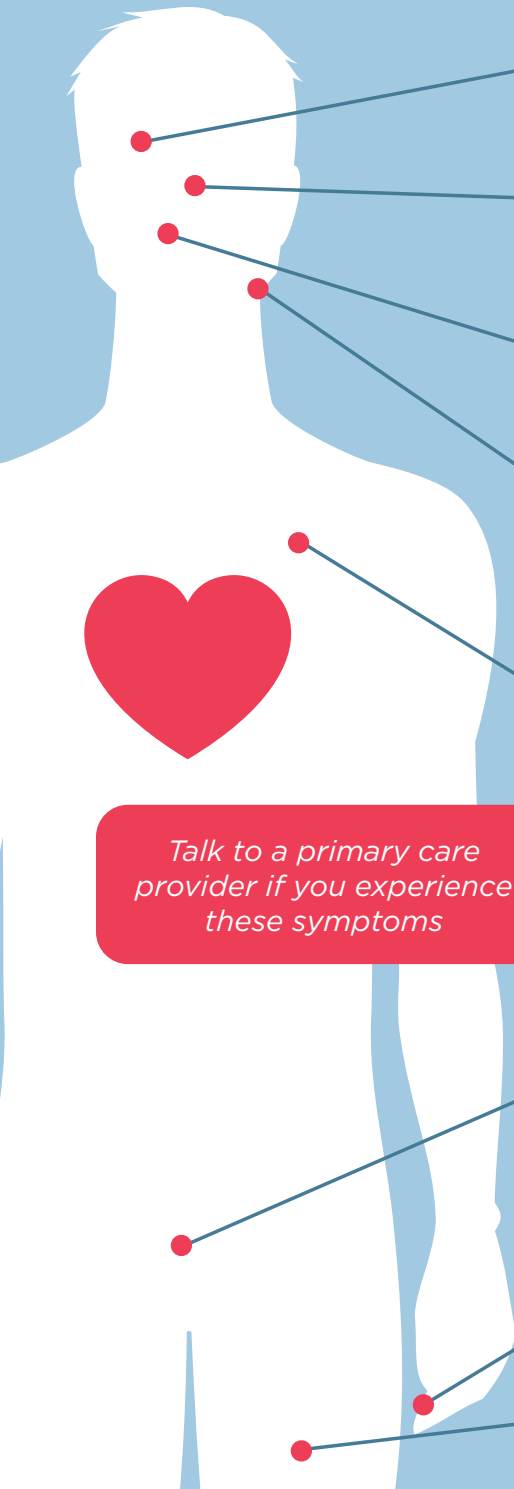


Surprising signs of an **UNHEALTHY HEART**



WAXY GROWTHS ON SKIN

Waxy growths that appear on your skin, possibly on your eyelids, can be an indication of unhealthy cholesterol which is one of the most common culprits of blocked coronary arteries.

SNORING

Snoring could indicate sleep apnea, which is a risk factor for heart disease. Sleep apnea is one of the major culprits for heart rhythm issues, stroke and uncontrolled blood pressure.

SWOLLEN OR BLEEDING GUMS

Poor dental hygiene is a risk factor for heart disease. Bleeding gums are usually from inflammation, and having inflammation in your body over the course of years can cause plaque in your heart artery to rupture. This can lead to a heart attack or a dislodgement of vegetation (clumps of bacteria) to your heart.

JAW PAIN

Jaw pain when associated with physical activity is a sign of angina, which is chest pain caused by reduced blood flow to the heart.

SHORTNESS OF BREATH OR PERSISTENT FATIGUE

If you are participating in mild exercise and you notice yourself being short of breath or have persistent fatigue more than normal, this could be cause for concern. Shortness of breath most often indicates heart failure, but it could also indicate coronary artery disease, valvular heart disorders or arrhythmia (irregular heart rhythm due to your heart's electrical system).

ERECTILE DYSFUNCTION

Someone with erectile dysfunction is more likely than not to have some underlying cardiovascular issue. There is a high potential for diabetes in men who have early onset erectile dysfunction. If you are being medicated for ED, it is important to inform your provider as it may be caused by an unwanted decrease in your blood pressure if combined with other cardiac medications.

BLUE NAILS

Nails that have blue coloration could be a marker for a congenital heart defect. It could also indicate lung disease or Raynaud's disease, which is a blood vessel disorder.

PUFFY/SWOLLEN LEGS

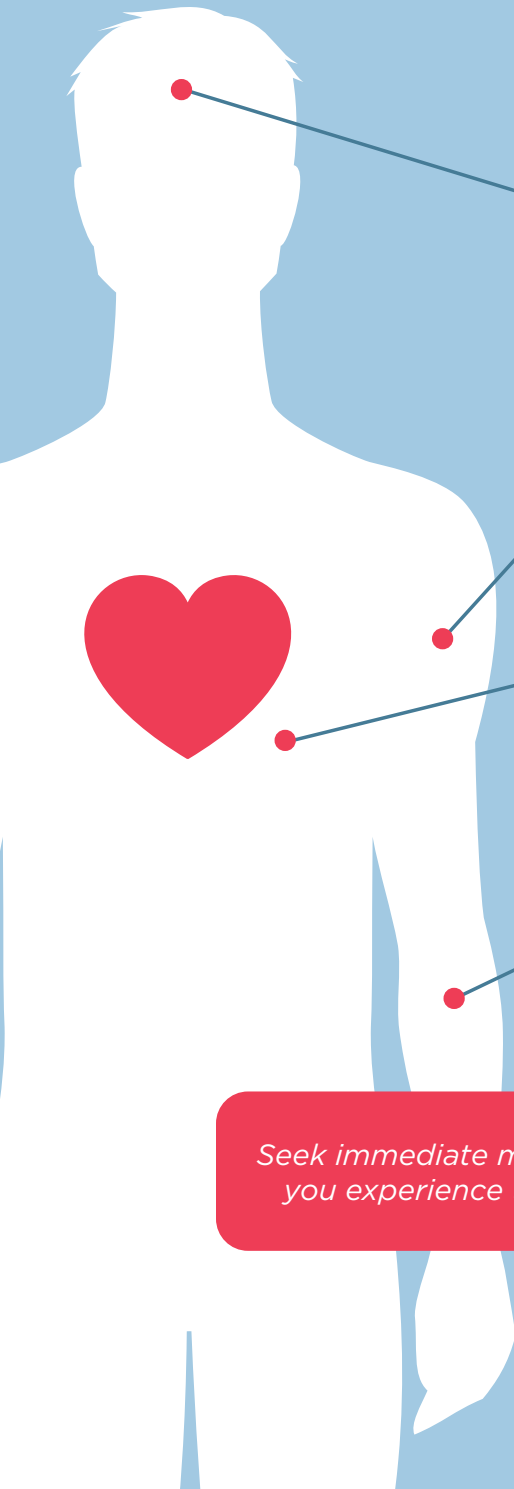
Many things can cause puffy legs. From the heart standpoint, puffy legs could indicate heart failure.

Talk to a primary care provider if you experience these symptoms



**Marshfield Clinic
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Surprising signs of an **UNHEALTHY HEART**



LIGHTHEADEDNESS OR FAINTING

Feeling lightheaded or fainting can mean nothing, but it can also be serious including a sudden decrease in your blood pressure, heart attack, heart conduction disturbance or narrowing of your aortic valve.

COLD SWEATS

Cold sweats are a sign of many health concerns, but related to the heart it can be a sign of a heart attack or shock, a condition on which the heart is unable to meet the needs and demands of the body.

CHEST PAIN

As one of the most obvious unhealthy heart symptoms, chest pain can indicate angina, a heart attack, aortic dissection and many other serious heart concerns.

PAIN, NUMBNESS, OR WEAKNESS

Pain that radiates down the left arm, pain in the back, neck or jaw can also be symptoms of a heart attack. Whereas, numbness and weakness on your arms and legs can be an indication of narrowed blood vessels or poor circulation.

*Seek immediate medical attention if
you experience these symptoms*



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Health System**