Osharecare

Learu to Spot the Warning Signs Your Heart is Seuding

Your body is
always sending you signals,
and while some are easy to interpret, like the
twinge of a papercut, others are harder
to understand. Here are some

surprising signs you may

need to check in on

your heart:

Dizziness

could indicate that your brain isn't getting enough blood. If you experience dizziness with

other heart symptoms seek immediate care.

Sleep apnea,

which is often
characterized by heavy
snoring, isn't a symptom of
heart disease, but

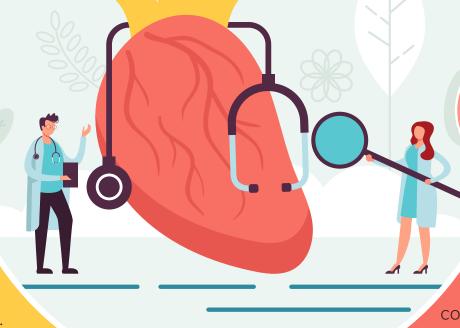
it can stress
your body
and heart
over time.





Sweating

suddenly
without exertion can
be a sign of extreme
stress, including
cardiovascular stress.





Tooth loss

isn't just a sign of poor oral hygiene.
It can also relate to a greater risk of coronary heart disease.

to your body's
signals and get
regular checkups from to help
prevent heart

W ZZZ

Some fatigue is common, but extreme fatigue can be a sign of heart disease, especially in women.

disease.

For more information, visit **mycare.sharecare.com**.

