

Learn to Spot the Warning Signs Your Heart is Sending

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



Some fatigue

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

Listen to your body's signals and get regular **check-ups** to help prevent heart disease.

For more heart-healthy tips, visit [BeWellSHBP.com/HealthyHeart](https://www.BeWellSHBP.com/HealthyHeart) or call 888-616-6411.