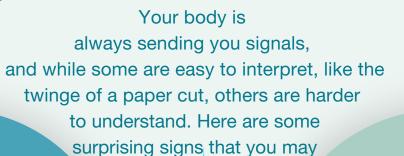


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Learn to Spot the Warning Signs Your Heart is Sending



need to check in on

your heart:

Dizziness

care.

could indicate that your brain isn't getting enough blood. If you experience dizziness with other heart symptoms, seek immediate

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.



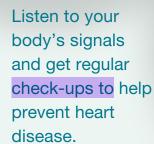
Sweating

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.

For more heart-healthy tips, visit BeWellSHBP.com/HealthyHeart or call 888-616-6411.