

SIGNS OF AN UNHEALTHY HEART



1

PAIN IN SHOULDERS AND CHEST

Sharp pain in the shoulder is usually not a sign of heart issues. If you experience a gradual increase of pain in your shoulder area, it might be a sign of unhealthy heart issues.



2

SLEEPING ISSUES AND SNORING

Infographics are visual representations of data, making complex info easier to share and digest. When making your own, simply organize your images, charts, and text. Finally, cite your sources.



3

ABNORMAL HEARTBEAT

An irregular heartbeat is not always an indication of heart problems, but it can be a sign of an impending heart attack. Coronary artery disease and High blood pressure are the primary causes of blood vessel disorders.



4

TINDER GUMS AND JAW, MOUTH ISSUES

An infection in the mouth can potentially spread to your heart if you do not take care of the problem soon enough. Jaw pain can be a sign of a heart attack if it is paired with chest pain.



5

SWOLLEN LEGS AND FEET

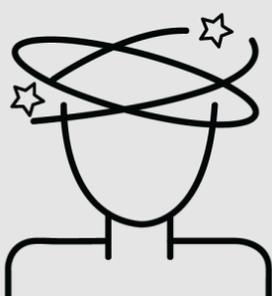
When your blood is not flowing properly to your heart it can cause your lower limbs to swell. Because blood is not flowing properly, it can cause blood clots or completely stop your heart from working.



6

FATIGUE AND SHORTNESS OF BREATH

You experience breathlessness while being active, at rest or sleeping. You need to be elevated because you struggle breathing while laying flat. You still feel tired after a full nights worth of sleep.



7

DIZZINESS AND LIGHTHEADEDNESS

If you experience frequent dizziness when you stand up too quickly, it could be a sign of heart failure. This is a very common symptom for individuals with heart failure.



8

CONSTANT COUGH

A constant cough does not mean heart failure, but a never-ending cough could be a symptom of fluid accumulating in your lungs, which is a sign of congestive heart failure.