

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

Intense snoring and waking up gasping for air can be a sign of sleep apnea. When the body continuously pauses in breathing, it can damage the heart or the whole cardiovascular system. If you are experiencing these symptoms, consider speaking with your doctor.



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

TENDER GUMS AND JAW, MOUTH ISSUES

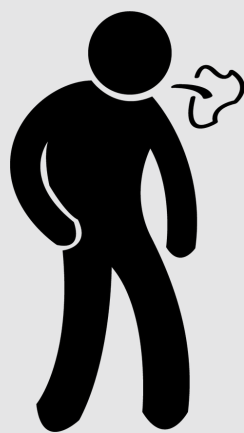
An infection in the mouth can potentially spread to the heart if the problem is not taken care of quickly. Jaw pain can be a sign of a heart attack if it is paired with chest pain.



5

SWOLLEN LEGS AND FEET

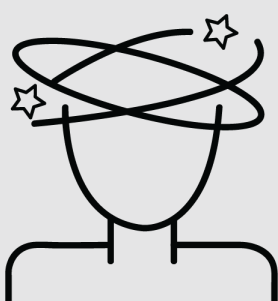
When blood is not flowing properly to your heart, it can cause your lower limbs to swell. Because blood is not flowing properly, it can result in blood clots or completely stop your heart from working.



6

FATIGUE AND SHORTNESS OF BREATH

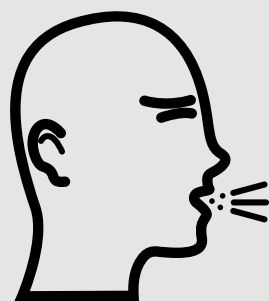
Symptoms such as breathlessness while at rest or sleeping, tiredness after a full night's worth of sleep, or needing to be elevated because you struggle to breathe while lying flat, could be signs of an unhealthy heart.



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.