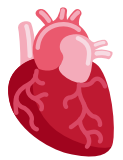# Let's Learn About Heart Health & Heart Disease

♥ Why is my heart so important?

Your heart is a very important organ that pumps blood through tubes called blood vessels and brings oxygen to cells everywhere in your body. It is important for your heart to be healthy and work well so that it can keep you and your body healthy too.

♥What is heart disease?

Some people's hearts have problems bringing blood and oxygen to other parts of their body. This is called heart disease. Heart disease means that the heart is not working the way it should be, and this can affect someone's health. People with heart disease may have chest pain, shortness of breath, and feel dizzy. It is possible for someone with heart disease to have a heart attack or a stroke, which is why it is important to take care of your body and your heart early in life.

♥ How does someone get heart disease?

Heart disease is not contagious. This means that you cannot catch it from anyone. Someone may get heart disease depending on risk factors. Risk factors are things that make someone more likely to have a condition or disease. One risk factor is age, and heart disease mostly affects older people. Another risk factor is genetics, which means that someone may be more likely to have heart disease if someone in their family has had it. Other risk factors depend on someone's behavior, like smoking, exercising, and eating healthy. Someone that smokes, does not exercise, and does not eat healthy foods can increase their chances of getting heart disease.

♥What can I do to help prevent heart disease?

Healthy habits can help keep your heart and your body healthy. Exercising every day, eating healthy foods, and not smoking are examples of healthy habits. These habits will help keep your body healthy and help lower your risk of heart disease!

Eat healthy foods   Exercise   Don't smoke