

For Immediate Release

Contact: Elizabeth Keating, Museum of Science and Industry, 773.947.6005
Jennifer Ickes, Museum of Science and Industry 773.947.6003

HEART FACTS PUMPING YOU FULL OF FACTS ABOUT THE HEART

- Cardiovascular diseases rank as America's No. 1 killer.
- 61.8 million Americans have some form of cardiovascular disease.
- Cardiovascular disease causes the deaths of approximately 440,175 males compared with 505,661 females.*
- Less active, less fit people have a 30-50% greater risk for developing high blood pressure.
- Rapid heart rhythms account for the great majority of sudden cardiac deaths.
- The American Heart Association recommends that a healthy diet should contain less than 2400 milligrams of sodium per day.
- The American Heart Association recommends a consumption of 30% or less of the day's total calories from fat.*
- Each day the average heart "beats" (expands and contracts) 100,000 times and pumps about 2,000 gallons of blood.
- In a 70-year lifetime, an average human heart beats more than 2.5 billion times.
- Approximately 686,000 total open-heart procedures take place in the United States.*
- As many as 99.5 million American adults have high cholesterol numbers.
- Nearly one third of all Americans with high blood pressure are unaware of this risk factor.

(Source: The American Heart Association)

*Information based on 2000 figures

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