



Heart Disease and Men

Heart disease is the leading cause of death for men in the United States across all ethnic groups. Take an active role in safeguarding your own health or the health of someone you love by familiarizing yourself with the most common symptoms and risk factors for heart disease in men.

Heart disease symptoms

Heart disease may be “silent” and not diagnosed until these events occur:

- **Heart attack:** Pain or discomfort in the chest, upper back or neck; indigestion; heartburn; nausea or vomiting; extreme fatigue; dizziness; shortness of breath
- **Arrhythmia:** Your heart beats too fast, too slow or irregularly
- **Heart failure:** Shortness of breath; fatigue; swelling of feet, ankles, legs, abdomen, neck veins



Health conditions that increase risk for heart disease

Even if you have no symptoms, you may be at risk for heart disease. Controlling these three conditions will help lower your risk:

- **High blood pressure:** Uncontrolled high blood pressure can result in heart disease. Because high blood pressure has no symptoms, it's vitally important to have your blood pressure checked regularly
- **Diabetes:** Men are more likely to get Type 2 diabetes at a lower weight than women. Men are also more likely to have undiagnosed diabetes than women. Learn more about [the differences between men and women with diabetes](#)
- **High cholesterol:** Men with high cholesterol are at greater risk for heart attacks, strokes and peripheral artery disease. **Recent studies** show that even younger, leaner men need to keep an eye on their cholesterol

