

## Men and Heart Disease

The term *heart disease* refers to several types of heart conditions, including coronary artery disease and heart attack.

Heart disease is the leading cause of death for men in the United States.

### How does heart disease affect men?

- **Heart disease is the leading cause of death for men in the United States**, killing 384,886 men in 2021—that’s about **1 in every 4** male deaths.
- Heart disease is the **leading cause of death for men of most racial and ethnic groups in the United States**, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.
- **Half of the men who die suddenly** of coronary heart disease had **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.

### What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.<sup>5</sup> When these events happen, symptoms may include

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Even if you have no symptoms, you may still be at risk for heart disease.

## What are the risks for heart disease?

In 2013–2016 47% of men had hypertension, a major risk factor for heart disease and stroke.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

## How can I reduce my risk of heart disease?

To reduce your chances of getting heart disease, it's important to do the following:

- Know your **blood pressure**. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly. Learn more about [high blood pressure](#).
- Talk to your health care provider about whether you should be tested for **diabetes**. Having diabetes raises your risk of heart disease. Learn more about [diabetes](#).
- **Quit smoking**. If you don't smoke, don't start. If you do smoke, [learn ways to quit](#).
- Discuss checking your **cholesterol and triglyceride levels** with your health care provider. Learn more about [cholesterol](#).
- Make **healthy food**. Having overweight or obesity raises your risk of heart disease. Learn more about [overweight and obesity](#).
- **Limit alcohol** intake to one drink a day. Learn more about [alcohol](#).
- **Lower your stress level** and find healthy ways to cope with stress. Learn more about [coping with stress](#).

## More Information

For more information on men and heart disease, visit the following websites:

- [Centers for Disease Control and Prevention](#)
- [Million Hearts®](#)
- [American Heart Association](#)
- [National Heart, Lung, and Blood Institute \(NHLBI\)](#)

► For article references go to: [www.cdc.gov/heartdisease/men.htm](http://www.cdc.gov/heartdisease/men.htm)

Article Source

Centers for Disease Control (CDC)

Source URL

<https://www.cdc.gov>

Last Reviewed

Friday, April 19, 2024