

Product: HEART DISEASE
AWARENESS JOURNAL
Item Number: AHD
Size: 5-1/4 x 6-7/8
of Sheets: 100
Binding: Wire-O
Quantity:



**SMALL TEXT
AND/OR AREAS
MAY FILL IN.**

Outside Front Cover
Foil Color(s): Gloss Red
Cover Color: White

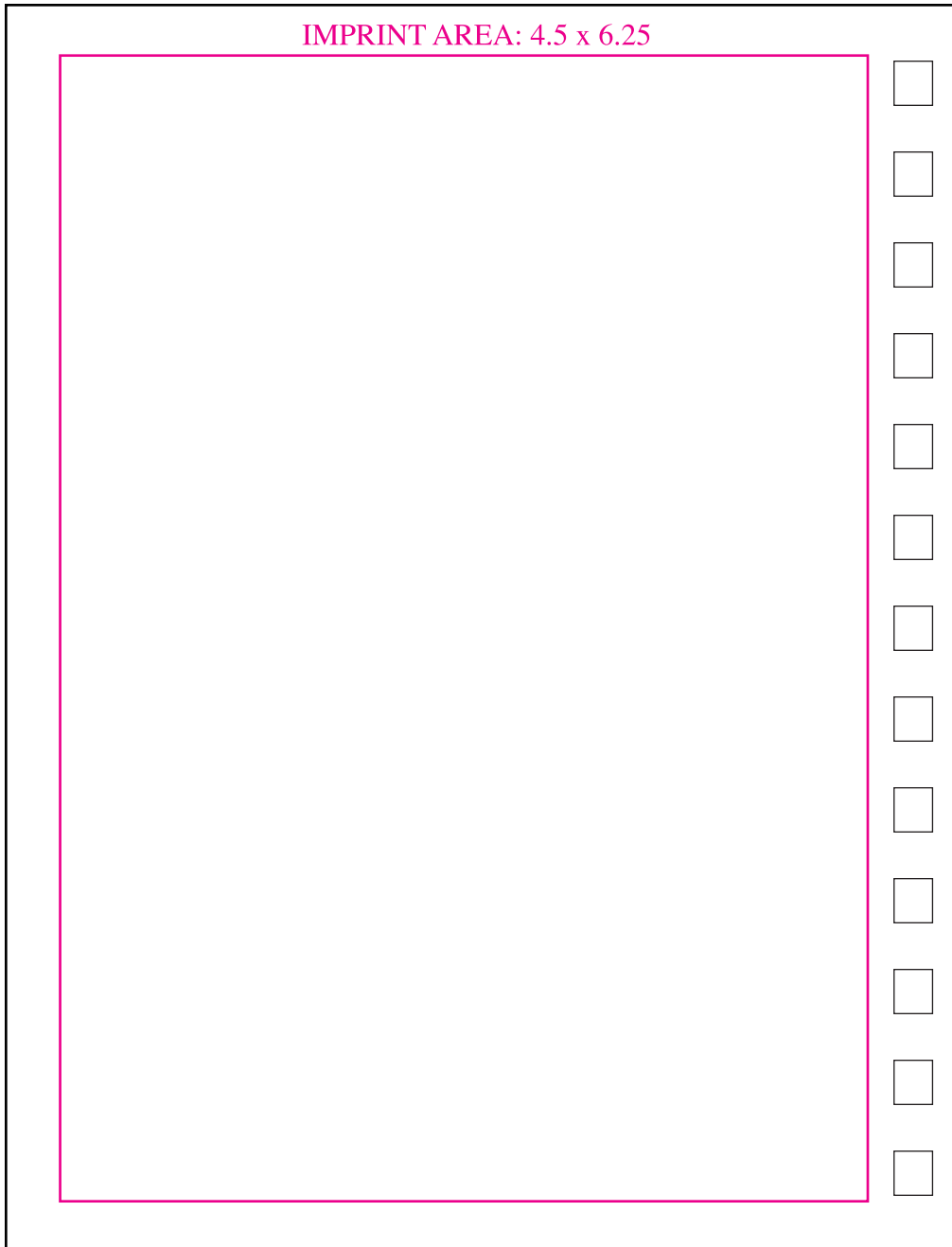
IMPRINT AREA: 4.5 x 6.25

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OUTSIDE FRONT COVER

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Inside Front Cover
Foil Color(s):



INSIDE FRONT COVER

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**THIS IS A STOCK PAGE.
CHANGES CANNOT BE MADE
WITHOUT ADDITIONAL CHARGES.**

Insert Sheet - BACK
Ink color(s): PMS 485 BLACK

Risk Factors

The American Heart Association has identified several risk factors. Some of them can be modified, treated or controlled, but some can't. The more risk factors you have, the greater your chance of developing coronary heart disease. Major risk factors that can't be changed include:

- Age - 83% of people who die of coronary heart disease are 65 or older.
- Gender - Men have a greater risk of heart attacks than women do, and they have attacks earlier in life.
- Heredity (including race) - Children of parents with heart disease are more likely to develop it themselves. African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease.

Heart Attack Warning Signs

Chest discomfort - This can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body - Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.



Source: American Heart Association • americanheart.org

INSERT SHEET - BACK

Product: HEART DISEASE AWARENESS JOURNAL
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Printed Light Gray
Rules on Both
Sides

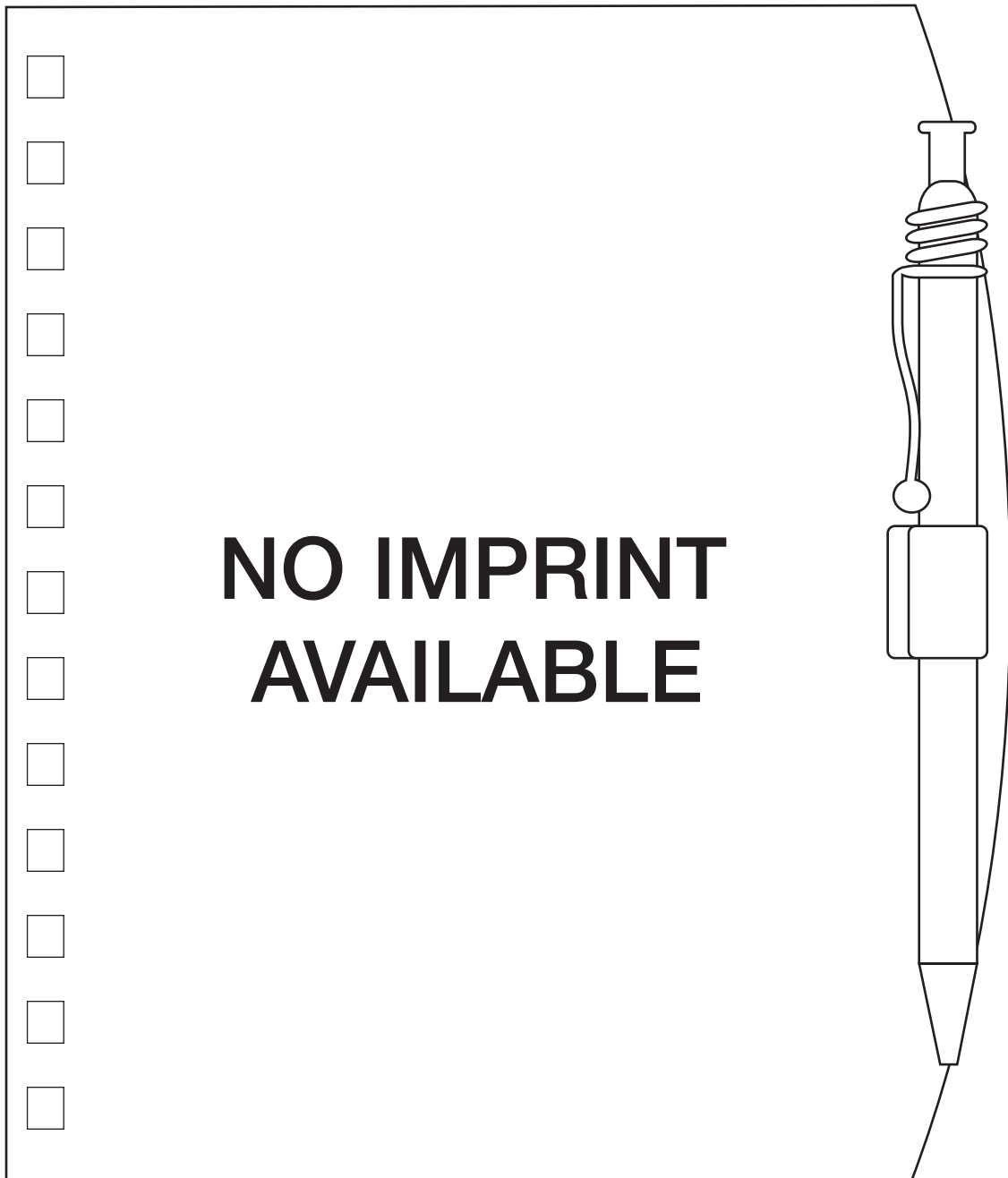
Ruled Inside Sheets - SCREENED RULES
Ink color(s): Black

IMPRINT AREA: 4.25 x 6.25

INSIDE SHEETS

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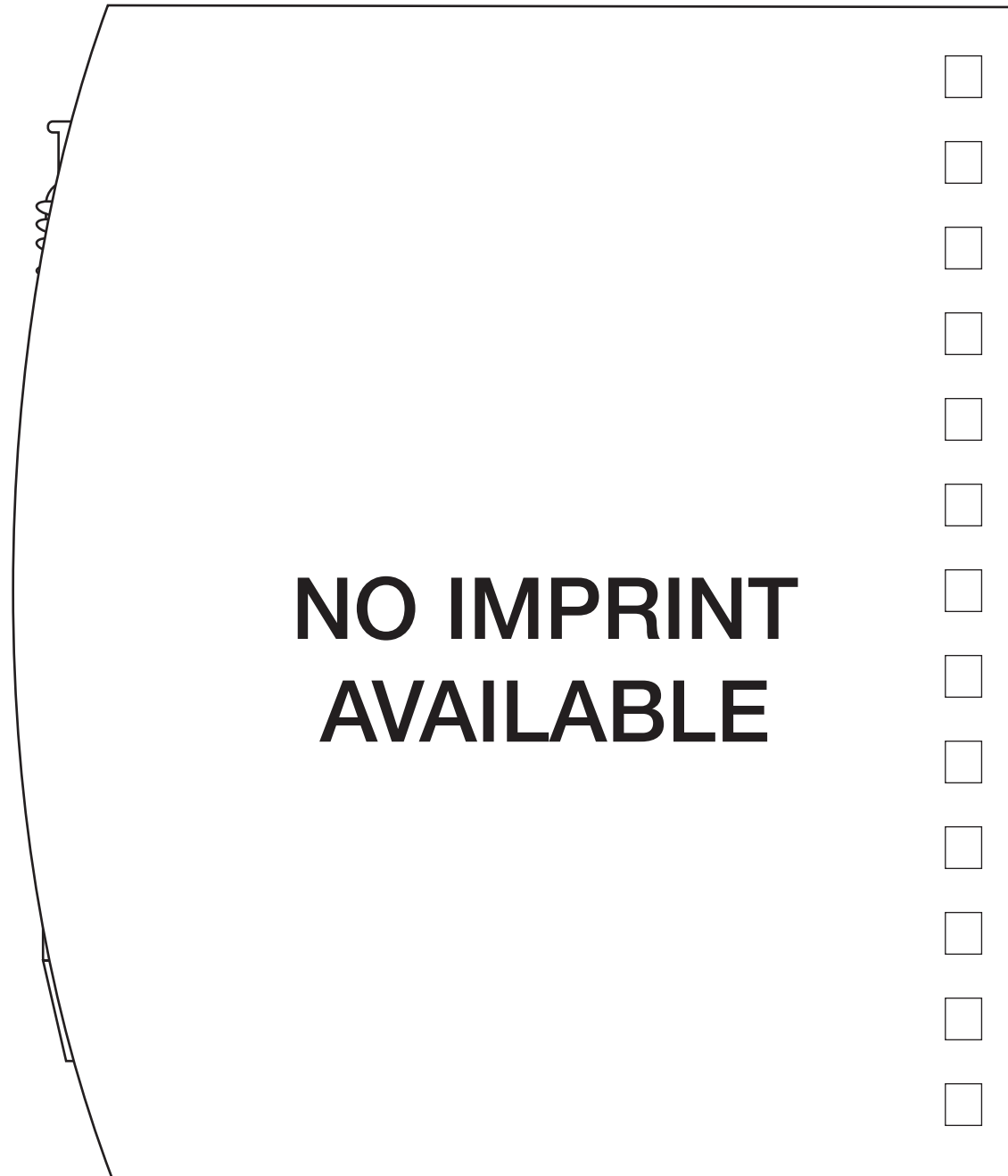
Inside Back Cover - Pensafe Back
Pen Color:



INSIDE BACK COVER

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Outside Back Cover - Pensafe Back



OUTSIDE BACK COVER