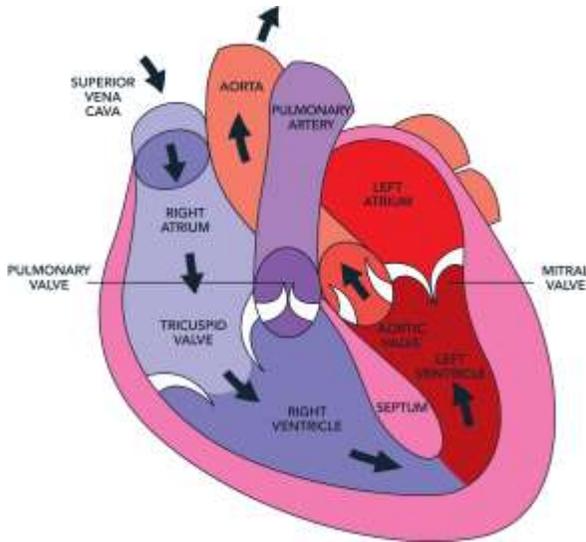




F A C T S H E E T

MEGA Heart and Yavapai Regional Medical Center's *Celebrate Life Health Expo 2019*



What is the MEGA Heart?

The MEGA Heart™ is the world's only portable, inflatable, walk-through heart exhibit. The MEGA Heart is about 21 feet long by 15 feet wide by 12 feet high. Visitors enter the exhibit through the largest vein that feeds the heart, the superior vena cava, and exit through the largest artery that leaves the heart, the aorta.

The MEGA Heart is a highly interactive educational experience about America's leading killer: heart disease. When you visit MEGA Heart at Yavapai Regional Medical Center's (YRMC) Celebrate Life Health Expo 2019, you'll step inside the human heart, learn about cardiovascular functions, observe examples of various types of heart disease, and see displays explaining some of the latest medical treatments for heart problems.

The MEGA Heart showcases a variety of features inside and outside the heart, including:

Inside MEGA Heart

- Heart Valves
- Endocarditis Infection
- Ventricular Septal Defect
- Mitral Valve Prolapse
- Thrombus

Outside MEGA Heart

- Myocardial Infarction
- Coronary Arteries
- Coronary Bypass Graft
- Coronary Stent

How You Can Experience MEGA Heart and More!

- When:** Join us from 9 a.m.-3 p.m. on Friday, September 6 and Saturday, September 7.
- Where:** MEGA Heart (and its companion MEGA Body) are part of YRMC's Celebrate Life Health Expo 2019, which takes place at the Findlay Toyota Center in Prescott Valley.
- Field Trips:** School field trips are welcome! Please let us know your plans at YRMCHealthConnect.org.
- Sponsor:** Celebrate Life Health Expo 2019 is a community service of YRMC.
- Questions:** Contact YRMC Community Outreach at (928) 771-5738.

Did You Know?

- In the United States, someone has a heart attack every 34 seconds.
- It takes only 60 seconds for the heart to pump all of your blood – about five quarts – through the body.
- In the average lifetime, the heart beats approximately 2.5 billion times.
- Your system of blood vessels – arteries, veins and capillaries – is more than 60,000 miles long. That’s more than enough to go around the world twice.

Risk Factors for Heart Disease

Some risk factors for heart disease are controllable and others are not. Uncontrollable risk factors include the following:

- Gender (More men than women experience heart disease.)
- Older age
- Family history of heart disease
- For women, being post-menopausal
- Race (African Americans, American Indians, and Mexican Americans are more likely to have heart disease than Caucasians.)

Still, many heart disease risk factors can be controlled. By making changes in your lifestyle, you can reduce your risk for heart disease. Controllable risk factors include the following:

- Smoking
- High LDL, or “bad” cholesterol and low HDL, or “good” cholesterol
- Uncontrolled high blood pressure
- Physical inactivity
- Obesity (Being more than 20 percent above one’s ideal body weight.)
- Uncontrolled diabetes
- High C-reactive protein
- Uncontrolled stress and anger

What Can I Do to Lower My Risk of Heart Disease?

Making lifestyle changes has proven to reduce the risk of heart disease. While a heart-healthy lifestyle doesn’t guarantee you will never be affected by heart disease, a heart healthy lifestyle will certainly improve your health in other ways. Here are some ways you can reduce your risk of heart disease:

- Quit smoking
- Improve cholesterol levels
- Control high blood pressure
- Control diabetes
- Get active
- Eat right
- Achieve and maintain a healthy weight
- Manage stress

Recognize the Signs

The National Heart Attack Alert Program notes these major signs of a heart attack:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort may feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** This can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This often accompanies chest discomfort, but it also can occur before.
- **Other symptoms.** These may include breaking out in a cold sweat, nausea or light-headedness.