Heart disease can be a stealthy killer

Heart disease can be a stealthy killer that can be difficult to detect and manage. It is estimated that one in five deaths in the United States is caused by heart disease. The symptoms of heart disease can be subtle and may not be immediately obvious, making it easy for people to overlook or ignore.

Common symptoms of heart disease include:

- Chest pain or discomfort
- Shortness of breath
- Nausea, lightheadedness, and dizziness
- Fatigue
- Dull ache in the back, jaw, or neck
- Palpitations or irregular heartbeat

If you experience any of these symptoms, especially if they are new or change over time, it is important to see a healthcare provider. Early detection and treatment can improve outcomes and reduce the risk of complications.

Tips for managing heart disease:

- Follow a healthy diet: Including plenty of fruits, vegetables, whole grains, and lean proteins while limiting red meat, processed foods, and added sugars.
- Get regular physical activity: Aim for at least 150 minutes of moderate-intensity aerobic activity each week.
- Maintain a healthy weight: Being overweight or obese increases the risk of heart disease.
- Quit smoking: Smoking is a major risk factor for heart disease.
- Limit alcohol: Too much alcohol can raise blood pressure and increase the risk of heart disease.
- Manage stress: Chronic stress can contribute to heart disease.

It is important to talk to your healthcare provider about your risk factors and how to prevent or manage heart disease. Regular check-ups and screenings can help detect heart disease early and improve outcomes.

Learn more about heart disease and how to protect yourself at [Heart Disease Resources](#).

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**American bulldog Rocket**

**Bred:** American bulldog

**Sex:** Male

**Size:** Medium

Rocket is a boxer in a box and comes with a special need. He was rescued by OC Animal Care and needs a special owner who will be able to handle his unique circumstances. Rocket is friendly and loves attention, but he also requires a lot of exercise and mental stimulation to keep him healthy and happy. He needs a home that will allow him to run and play and will be a great companion for someone who is willing to give him the extra care he needs.

**American bulldog Roxy**

**Bred:** American bulldog

**Sex:** Female

**Size:** Medium

Roxy is a ball of energy and is looking for a home where she can run and play. She loves people and other dogs and gets along well with other animals. Roxy is a great companion and will make a wonderful addition to any active household.

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**Healed Minnie is ready for a home**

Minnie has recovered from her surgery and is ready to find a new forever home. She is a loving and affectionate cat who loves to cuddle and snuggle with her new family. Minnie is house-trained and does well with other cats and dogs. She is a great companion and will make a wonderful family pet.

**Meet Sullivan!**

**ID:** A1066272

**Age:** 2 years old

**Sex:** Male

Sullivan is a handsome and happy boy who is looking for a loving home. He loves to play fetch and run around the yard. Sullivan is a great companion and will make a wonderful addition to any family.

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**Meet Foxy!**

**ID:** A1055571

**Age:** 2 years old

**Sex:** Male

Foxy is a beautiful and loving cat who is looking for a loving family to call her own. She loves to play and loves to snuggle. Foxy is a great companion and will make a wonderful family pet.

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**Find Your Forever Friend at OC Animal Care!**

If you’re looking for a loving companion, then we invite you to stop by OC Animal Care! During your visit, make sure to check out all of the terrific pets available for adoption. With an eclectic mix of dogs, cats, and other pets, you’ll be sure to find your perfect match! These wonderful dogs are looking for their forever homes! Visit us today! A1055571

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**OC Animal Care**

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