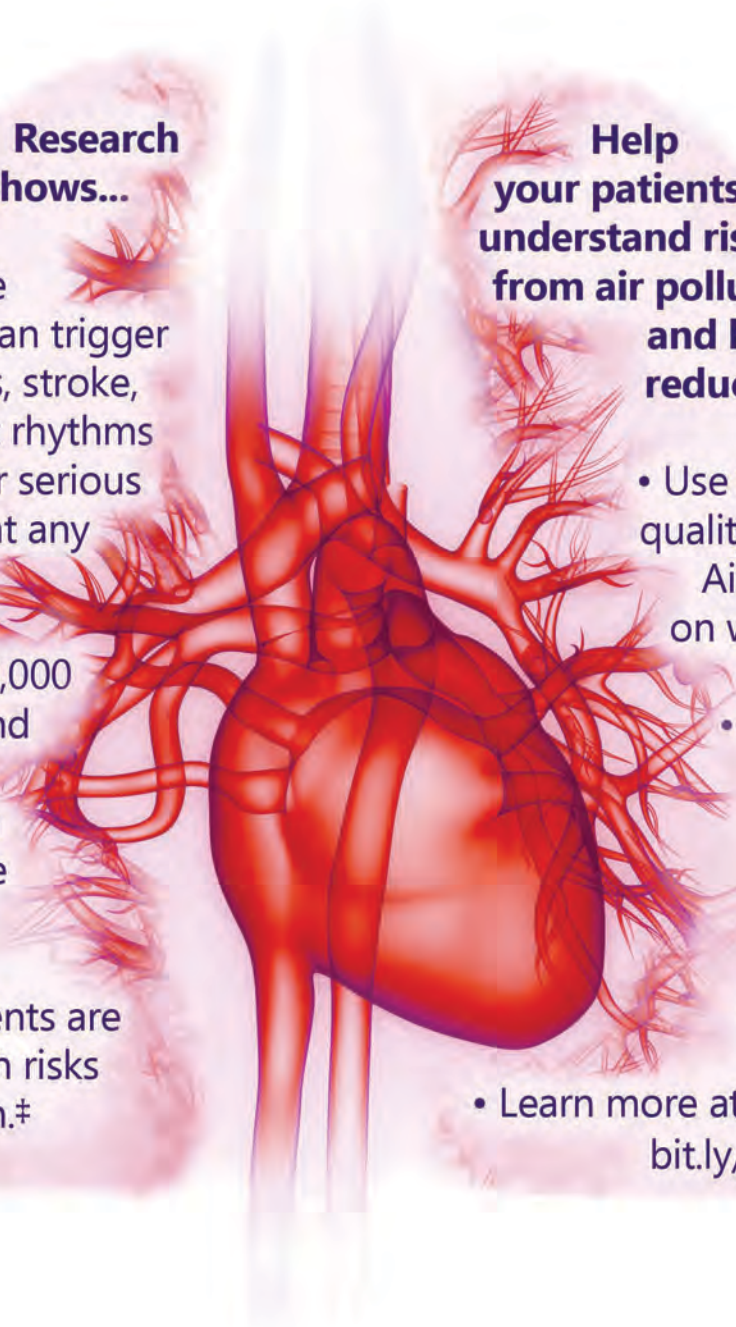
What Health Care Providers Should Know About

Particle Pollution and Cardiovascular Risk



Research shows...

- Particle pollution can trigger heart attacks, stroke, irregular heart rhythms and cause other serious heart problems at any time of the year.
- An estimated 130,000 premature deaths and 180,000 non-fatal heart attacks occur in the U.S. each year due to particle pollution.†
- 92% of cardiac patients are not informed of health risks related to air pollution.‡

Help your patients understand risks from air pollution and how to reduce them.

- Use the daily air quality forecast on AirNow.gov and on weather reports
- Read the *"Heart Disease, Stroke, and Outdoor Air Pollution"* handout at:

  bit.ly/airnow-heart
- Learn more at: AirNow.gov and bit.ly/EPAhealthyheart

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† Fann, Neal, et al. "Estimating the national public health burden associated with exposure to ambient PM2. 5 and ozone." Risk analysis 32.1 (2012): 81-95.
‡ Nowka, Matthew R., et al. "Patient awareness of the risks for heart disease posed by air pollution." Progress in cardiovascular diseases 53.5 (2011): 379-384.

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