



About the Exhibit

The MEGA Heart™ is the world's only portable, inflatable, walk-through heart exhibit. The MEGA Heart is approximately 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 provides visitors with a highly interactive educational experience about America's number one killer: heart disease. Visitors can 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:

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

OUTSIDE:

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

Did You Know?

- Heart disease is the number one killer of adults in the United States.
- According to the American Heart Association, heart disease will cost the United States \$316.4 billion this year including the cost of health care services, medications, and lost productivity.
- In the United States, someone has a heart attack every 34 seconds.
- Each minute, someone in the United States dies from a heart disease-related event.
- It takes only sixty seconds for the heart to pump your entire supply of 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--more than enough to go around the world twice.

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INFORMATION HERE.

THE
MEGA
HEART™

medicalinflatables.com

Risk Factors for Heart Disease

Of the several risk factors for heart disease, some are controllable and others are not. Uncontrollable risk factors include the following:

- Male gender
- 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 hypertension (high blood pressure)
- Physical inactivity
- Obesity (more than 20 percent over 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 changes in your lifestyle 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, the following changes will certainly improve your health in other ways. Also, because some risk factors are related to others, making changes in one area can benefit you other areas.

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

If you suspect you may be at risk for heart disease, please speak with a doctor.

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 can 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 chest discomfort.
- Other symptoms may include breaking out in a cold sweat, nausea, or light-headedness.

If you think you or someone you know is having a heart attack, call 911 immediately.