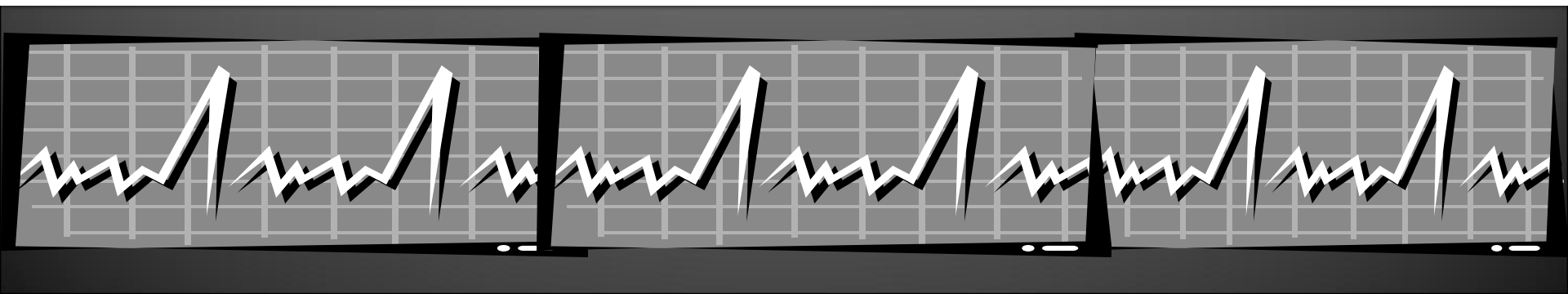
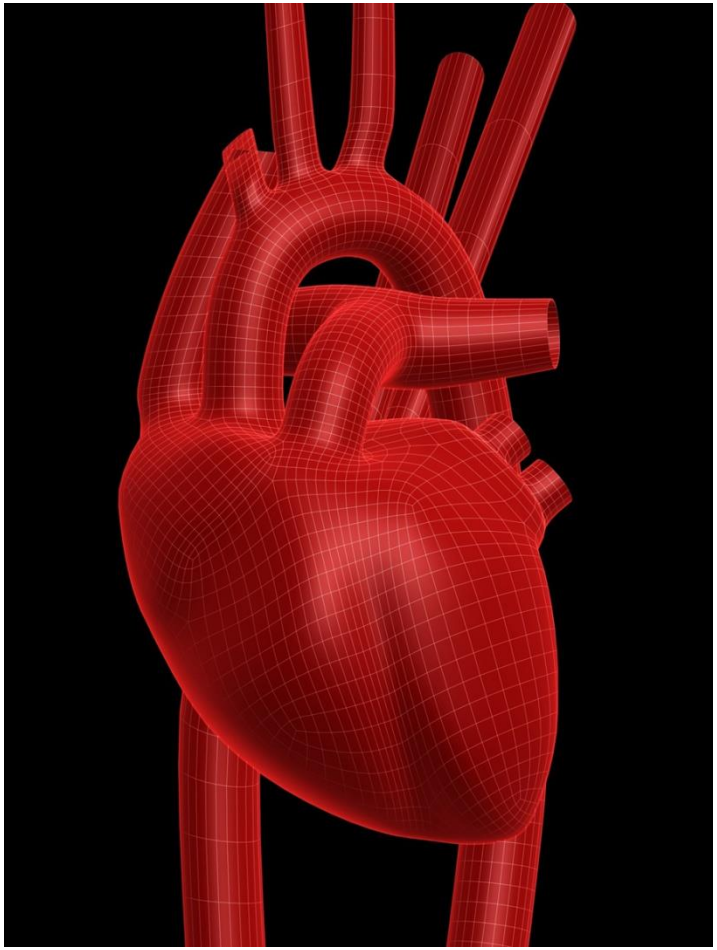
Heart Health: Know the risks



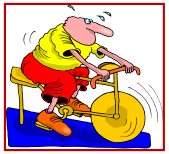
Heart Disease: The risk factors.
There are those you CAN change and those you can't…

Modifiable RISK FACTORS:

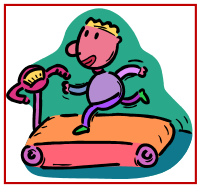
- Stop smoking
- Eat a healthy LOW FAT diet
- Control high blood pressure
- Keep physically active
- Manage Stress
- Limit alcohol intake
- Manage diabetes



Control High Blood Pressure:

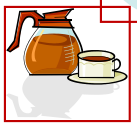


Lose extra pounds and watch your waistline



Exercise regularly

Eat a healthy diet



Cut back on caffeine

Limit the amount of alcohol you drink

Reduce your stress

Avoid tobacco products and secondhand smoke

Get support from family and friends

Monitor your blood pressure at home and make regular doctor's appointments

Reduce sodium in your diet

SMOKING

- Smokers' risk of developing coronary heart disease is 2–4 times that of nonsmokers.

- Cigarette smoking is a powerful independent risk factor for: sudden cardiac death in patients with coronary heart disease.

- smokers have about twice the risk of nonsmokers.

Exposure to other people's smoke increases the risk of heart disease even for nonsmokers.

EATING A LOW FAT DIET:

- ✓Eat more vegetables and fruits.
- ✓Choose low FAT protein sources.
- ✓Select WHOLE GRAIN products.
- ✓Reduce SALT in your foods.
- ✓Control PORTION sizes.

Diet Continued:

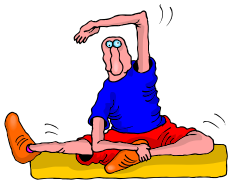
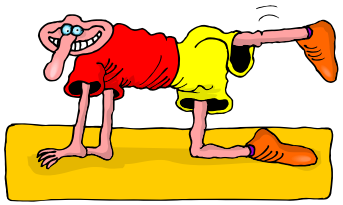
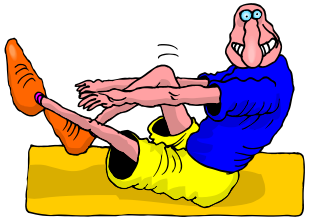
- **Plan Ahead: Create Daily Menus**

- Heart healthy diet.
- Create daily menus using the 5 strategies previously mentioned. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains

- **Allow Yourself an *Occasional* TREAT**

- Allow yourself an indulgence every now and then.
- Incorporate these eight tips into your life, and you'll continue to find that heart-healthy eating is both doable and enjoyable

Keep Physically Active


- Regular physical activity — at least **30 to 60 minutes most days of the week** — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg).

- Talk to your doctor about developing an exercise program.

- **But avoid being a "weekend warrior."** Trying to squeeze all your exercise in on the weekends to make up for weekday inactivity isn't a good strategy. Those sudden bursts of activity could actually be risky.

Managing STRESS

- *"Stress" response describes the condition caused by a person's reaction to physical, chemical, emotional or environmental factors.*
- *Stress can refer to physical effort and mental tension. It's hard to define a high level of emotional or psychological stress to measure in a precise way.*
- *All people feel stress, but they feel it in different amounts and react to it in different ways.*

1. Identify Sources of stress.
2. Look at how to cope with Stress.
3. Avoid unnecessary stress
4. Alter the situation.
5. Adapt to the stressor
6. Accept the things you can't change
7. Make time for fun and relaxation
8. Adopt a healthy life style.

Alcohol Intake

- *Drinking too much alcohol can lead to high blood pressure, heart failure and an increased calorie intake.*
- *Consuming too many calories can lead to obesity and a higher risk of developing diabetes.*
- *Excessive drinking and binge drinking can lead to stroke. Other serious problems include fetal alcohol syndrome, cardiomyopathy cardiac arrhythmia and sudden cardiac death.*

American Heart Association Recommends:
If you drink alcohol, do so in moderation. If you don't drink, DO NOT START.
✓**MEN-**one to two drinks per day
✓**WOMEN-**one drink per day.
(A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits.)

Manage Diabetes

- *People with diabetes have a higher-than-average risk of having a heart attack or Stroke.*
- *These strike people with diabetes more than twice as often as people without diabetes.*
- *There's a big link between diabetes, heart disease, and stroke.*

Healthy ABC's

•**A is for A1C.** Your A1C check, which also may be reported as estimated average glucose (eAG) tells you your average blood glucose for the past 2 to 3 months.

•**B is for blood pressure.** High blood pressure makes your heart work harder than it should.

•**C is for cholesterol.** Your cholesterol numbers tell you about the amount of fat in your blood. Some kinds, like HDL cholesterol, help protect your heart. Others, like LDL cholesterol, can clog your arteries. High triglycerides raise your risk for a heart attack or a stroke.

Non-Modifiable Risk factors:

Major Risk factors that can't be changed:

- ✓**Increasing age**
- ✓**Male sex (gender)**
- ✓**Heredity (including Race)**

Symptoms

MEN

- Pain
- Shortness of Breath
- Dizziness
- Nausea
- Chills/sweating
- Cold/clammy skin/gray
- Fainting (rare)
- Fatigue

WOMEN

- Pain
- Shortness of Breath
- Dizziness
- Nausea
- Chills/sweating
- Cold/clammy skin/gray
- Fainting (rare)
- Fatigue

Symptoms

MEN

- Right chest (4.7x)
- Discomfort (2.7x)
- Dull ache (3.9x)
- Indigestion (3.7x)

WOMEN

- Throat discomfort (12x)
- Pressing on chest (7.3x)
- Vomiting (3.9x)

Women vs. Men

- **Heart disease is still the MAJOR cause of death in women over the age of 65 years.**
- **Cardiovascular disease develops 7-10 years later in women than in men.**
- *CVD deaths in females > CVD deaths in males*
  - *But when adjusted for age, deaths in men are greater than in females.*

Women vs. Men

- *Prevalence of CVD in women older than 20 yo is*
  - *Blacks 47% **
  - *Whites 34%*
  - *Mexicans 31%*
- *Prevalence of CVD in women older than 20 yo is*
  - *Blacks 7.6%**
  - *Whites 5.8%*
  - *Mexicans 5.6%*
  - *Asians 3.9%*
- **Partially related to increasing rates of High Blood Pressure in Women of Color (44%)*

Women vs Men

- *Women aged <45 yo are more likely than men to die within a year of their first heart attack.*
- *Only 65% of women said the first thing they would do if they thought they were having a heart attack was to call 9-1-1.*
- *Men are 2-3 times more likely than women to receive an implantable defibrillator for the prevention of sudden cardiac death.*
- *Previous studies and clinical trials have often been done with inadequate numbers of women in the study population (only 38%.)*

THE END