February is Heart Healthy Month
Heart Disease

• Refers to multiple heart conditions

• Most common form in USA is called coronary heart disease or coronary artery disease (CAD)

• Chronic, develops over time due to various reasons

• May cause severe and acute health problems such as heart attack and stroke

• Preventable and Controllable
Looks like...
• #1 killer of men and women in the USA

• 600,000 deaths, meaning 1 in every 4 deaths yearly in US caused by heart disease

• 715,000 heart attacks per year in the USA

• Cardiovascular diseases cost the US $312.6 billion yearly
  • health care services, medications, and lost productivity

• Leading cause of disability

What’s the big deal?
• Overweight/Obesity
• Lack of exercise
• Poor diet, high in fats, carbs, and low in plants
• Genetic predisposition (family history)
• Age (<55 for men, >65 for women) (but not necessarily!!)
• Stress
• Tobacco use
• Hypertension (high blood pressure)
• Diabetes

Risk Factors
HEART ATTACK GRILL:

~ Blair River, the nearly 600 pound, 6'8” promoter of Arizona based Heart Attack Grill died at age of 29 apparently from pneumonia....

~ multiple deaths and cardiac arrests have occurred due to consumption just in this restaurant, where a quadruple bypass burger weighs in at over 8,000 calories. Now Imagine all of America eating similar food.
• Know and control your blood pressure
• Exercise regularly
• Eat healthy: high fruits & vegetable intake
• Quit smoking, decrease alcohol consumption
• Diabetes screening and control
• Know your cholesterol and triglyceride levels and keep them under control
• Maintain a healthy weight
• **Cholesterol** – waxy, fat-like substance needed by your body in moderate amounts
  • HDL – “good cholesterol”
    • Healthy level protects from heart attacks, strokes, low levels increase the risks for these conditions
    • Studies show 150 minutes of moderate-intensity aerobic exercise (i.e. brisk walking) every week can improve levels
  • LDL – “bad cholesterol”
    • High levels can increase chance of clogged arteries
    • Exercise and eat healthy to decrease
• **Triglycerides** – a type of fat found in the blood
  • Too much of this can increase chances for CAD, especially in women
  • Factors that can increase triglyceride levels:
    • Being overweight
    • Lack of exercise
    • Poor diet, especially one high in carbs
    • Smoking, excessive alcohol consumption
    • Certain diseases and medications
    • Some genetic disorders
• **Blood Pressure** – force of your blood pushing against the walls of your arteries
  • *Systolic Pressure* – When your heart beats (pumps blood)
  • *Diastolic Pressure* – Heart at rest, in between beats
• 119/79 or lower is normal blood pressure
• 140/90 or higher is high blood pressure
• High BP can cause stroke, heart failure, heart attack and kidney failure.
• **Screenings**
  • Tests for cholesterol, blood pressure, body fat, bmi, diabetes are simple, inexpensive or free – get it done!
• **Get Moving!**
• **Eat well**
  • 5 servings of fruits/vegetables per day, decrease meat consumption, use lean meats, decrease carbs, eat healthy portions, reduce trans and saturated fats
• **Know the risks, be aware of your own health**
  • Are you overweight? Do you get enough exercise? Are you suffering from diabetes? Do you have high cholesterol?
• **Need motivation or help?**

*~ How will you decrease your risk for heart disease?*

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**What can you do?**
• http://www.cdc.gov/features/heartmonth/ - Heart Health Month
• http://www.choosemyplate.gov/ - Better Eating
• www.nlm.nih.gov/medlineplus - Medline
• http://www.heart.org/HEARTORG/ - American Heart Association
• http://www.cdc.gov/nchs/nvss.htm - National Vital Statistics (map)