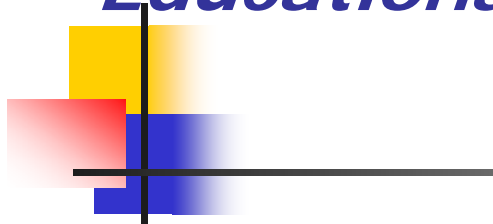


Heart Disease: “Protect Your Heart”

Dr. Bernice Roberts Kennedy

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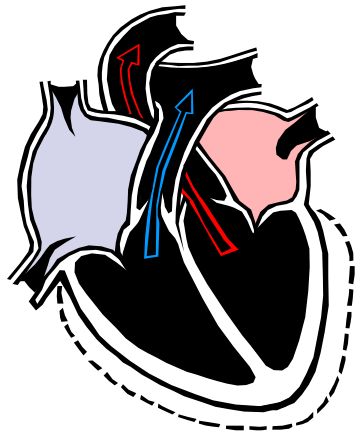
"Keep your heart with all diligence, for out of it are the issues of life."

Proverbs 4:23



Heart Disease

- It's extremely common and Preventable



Are you are someone you love at risk of heart disease?



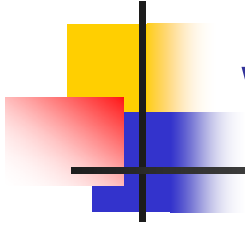
- 1 out of 4 Americans has some form of heart disease.
- More than 650,000 Americans will die of heart attacks this year.
- Over half of those who die will have no previous symptoms.



Incidence and Prevalence

- Heart Disease is higher in males than females.
- African Americans are more heavily impacted than the white population.
- Females have the poorer outcomes following a heart attack than do males
 - 44 percent of females die within one year after a heart attack.
 - 27 percent of males die within one year after a heart attack.

attack are twice as likely as male to die within a few weeks.





Now here's is the good news

- Heart Disease can be halted or prevented , if the conditions that lead to heart attacks are diagnosed early enough.



Know the Symptoms of Heart Attack

- Uncomfortable chest pain, fullness, pressure or squeezing.
- Pain spreading to the shoulder, neck or arms
- Check discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath.
- Sudden numbness or weaknesses of face, arm or leg, especially on one side.
- Sudden confusion, or trouble with speaking, understanding, walking, balance or sight.
- Sudden severe, unexplained headaches .



Who is at Risk?

- Men: Are You 40 to 70?
- Women: Are you 45-70, or have you passed menopause?
- Do you have a family history of heart disease?
- Do you smoke or are exposed to second-hand smoke?
- Do you have high cholesterol?
- Do you have high blood pressure?
- Do you have diabetes, or high blood sugar?
- Do you have an inactive lifestyle?
- Do you consider yourself overweight?



When Diagnosing Heart Disease

- **The Early Diagnosis Signals are:**
- **High Blood Cholesterol**
- **Total Cholesterol**
 - High 240 and higher
 - Borderline high 200-239
 - Low (optimal) Below 200
- **HDL**
 - High Below 40
 - Low (Optimal) 60 and higher
- **LDL**
 - High Above 160
 - Borderline High 130-159
 - Low Below 100



When Diagnosing Heart Disease -Cont:

- **Triglycerides**
 - High 200 and higher
 - Borderline High 150 to 199
 - Below 150
- **High Blood Pressure**
 - Hypertension 140/90 and higher
 - Prehypertension 120/80 and to 139/89
 - Normal Below 120/80



When Diagnosing Heart Disease- Cont:

- **Inactivity**
 - Inactivity increases your likelihood of developing heart disease
- **Obesity and Overweight**
 - Too much body fat-especially around your waist put you at higher risk for heart disease, even if you have no risk factors.
- **Diabetes**
 - Cause sugar to build up in too high in the blood.
 - Untreated, it will damage heart vessels;increasing the risk of heart attack.



Continued:



Heart Failure

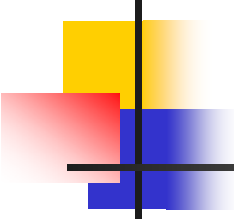
(American College of
Cardiology)

- Early identification and proper treatment of cardiovascular risk that lead to the heart failure
 - Controlling the ***Blood Pressure*** can lower the risk of heart disease by ***50 %***.



No more *Congested Heart Failure*

- No all people with Heart Failure experience congestion
- (*Revised Guidelines*)
 - People with no symptoms of fluid buildup
 - Some may experience only fatigue and weaknesses (not the Shortness of Breath caused by fluid-filled lungs)
 - Becoming easily exhausted is a main symptoms



Staging System Grade Treatment(ACC/AHA)

- **Stage A**
 - No signs or symptoms of Heart Failure.
 - At risk due to *High blood pressure, diabetes, coronary artery disease.*
- **Stage B**
 - No signs or symptoms of Heart Failure.
 - Muscular wall surrounding the heart is growing thicker or functioning poorly.
- **Stage C**
 - Experience heart failure symptoms- shortness of breath or fatigue.
- **Stage D**
 - The person's heart failure is not responding to treatment.
 - Heart transplantation or end-of-life care may be considered.



Treatment Upgrade

- **Heart Failure does not go away.**
- Treatments are constantly being fine-tuned.
 - ***Angiotensin-converting enzymes (ACE)*** inhibitors can delay the progression of heart failure.
 - ***Beta blockers*** can improve heart functioning.
 - **These drugs reduce the death from heart failure.**
- **Advanced Stage D**
 - Left Ventricular Assistance Device (LVAD) implantation to assist the heart in pumping more efficiently.
 - Cardioverter-defibrillator (ICDs) implanted under the skin to deliver rhythm-restoring shocks to the heart if needed.



Health Strategies

- **Physical Inactivity**
 - You don't need to be an athlete to exercise
 - Increase your physical activities or exercise to at least 30 minutes a day
 - Moderate activities a day-Gardening, housework and exercising , use the stairs when you can.
 - Time can be broken into shorter periods
- **High Blood Pressure**
 - Cut back on salt
 - Eat food low in sodium (salt) to maintain a health blood pressure
 - Sodium can be found on food labels.
- **High Blood Cholesterol**
 - Cut back on fat in foods
 - Eat food low in saturated fats and trans fats.
- **Smoking**
 - Do not smoke
 - Avoid other people smoking



Health Strategies-Cont:

- **Overweight**
 - Keep your weight at a healthy level
 - 20 lbs overweight increase your chance of high blood pressure
- **Poor Nutrition**
 - Eat more fruits and vegetables, whole grain cereals, bread and pasta, fat free and low-fat dairy product; legumes, nuts, fish, poultry and lean meats
 - Reducing 500 to 600 calories a day will result in 1 to 2 lbs weight loss each week
- **Not getting physical checkups**
 - Get regular physical checkups
- **Reduce Stress**



Health Update (FDA and the Northern American Olive Oil Association)

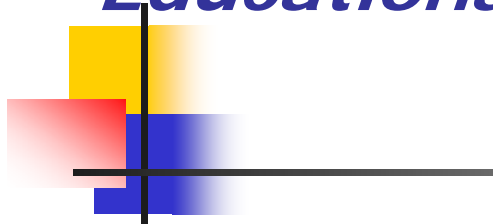
- ***Olive Oil*** gets the nod for the ***Heart-Health Claim***
 - Reduces the risk of coronary artery disease.
- FDA has granted the manufacturers the right to make this qualified health claim.
- **Olive Oil**
 - Two Tablespoons, or 23 grams, of Olive Oil each day.
 - Is a rich source of ***monounsaturated fats*** , and naturally cholesterol free.
 - ***monounsaturated fats*** have reduced the blood level or low density of ***Lipoprotein (LDL) or “bad,” cholesterol***



Sources

- www.americanheart.org
- www.heathmonitor.com
- www.scheart.com

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Health Care
(Societal Efforts)

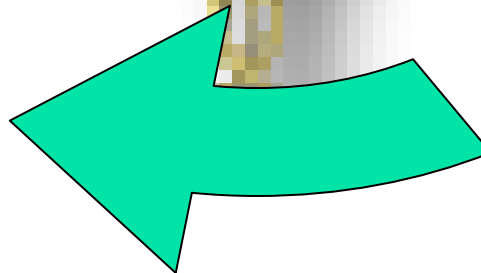
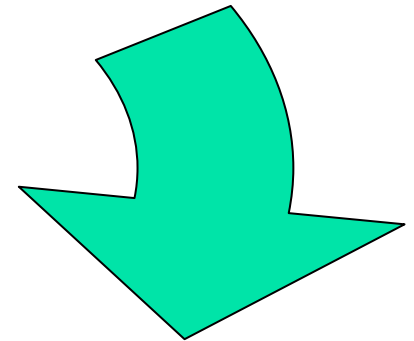
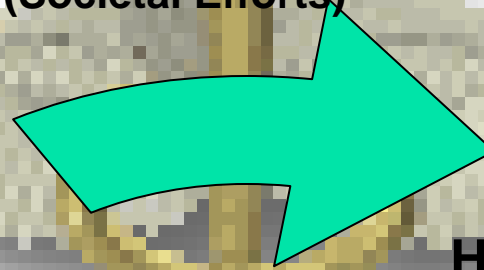
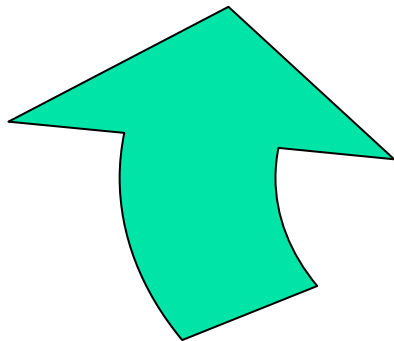
Restoration

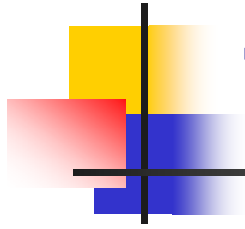
Health Promotion

Health Services
(Delivery Components)

Prevention

Rehabilitation





The End

