

HEART HEALTH

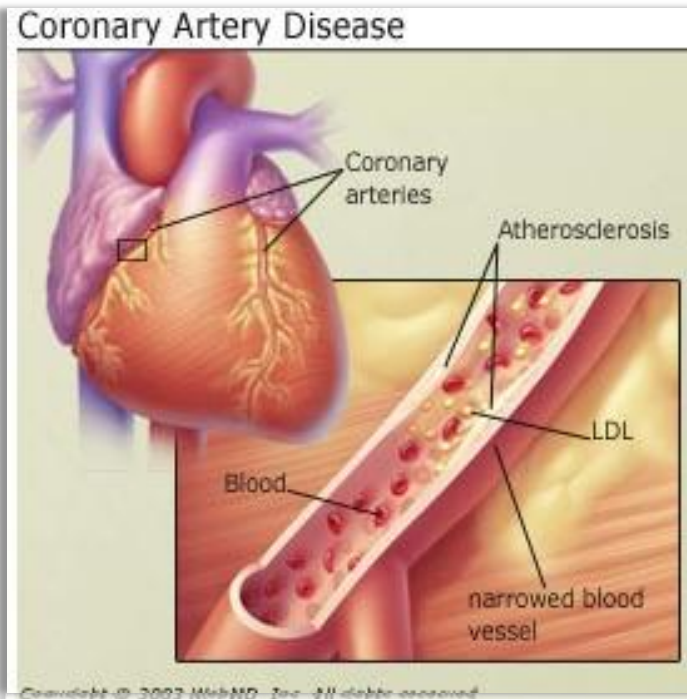


Health Education Services

376-3939 or ahew@rl.gov

HEART DISEASE FACTS

- Every 39 seconds, an adult dies from a cardiovascular disease such as a heart attack or stroke.
- Cardiovascular disease claims the lives of more than 800,000 adults each year
- 150,000 of whom are under the age of 65. Learn what you can do to reduce your risk.
- 68 million US adults have high blood pressure.
- 71 million US adults have high LDL cholesterol.
- Nearly 2 out of 3 adults with high LDL cholesterol and about half of adults with high blood pressure don't have their condition under control.



Source: CDC

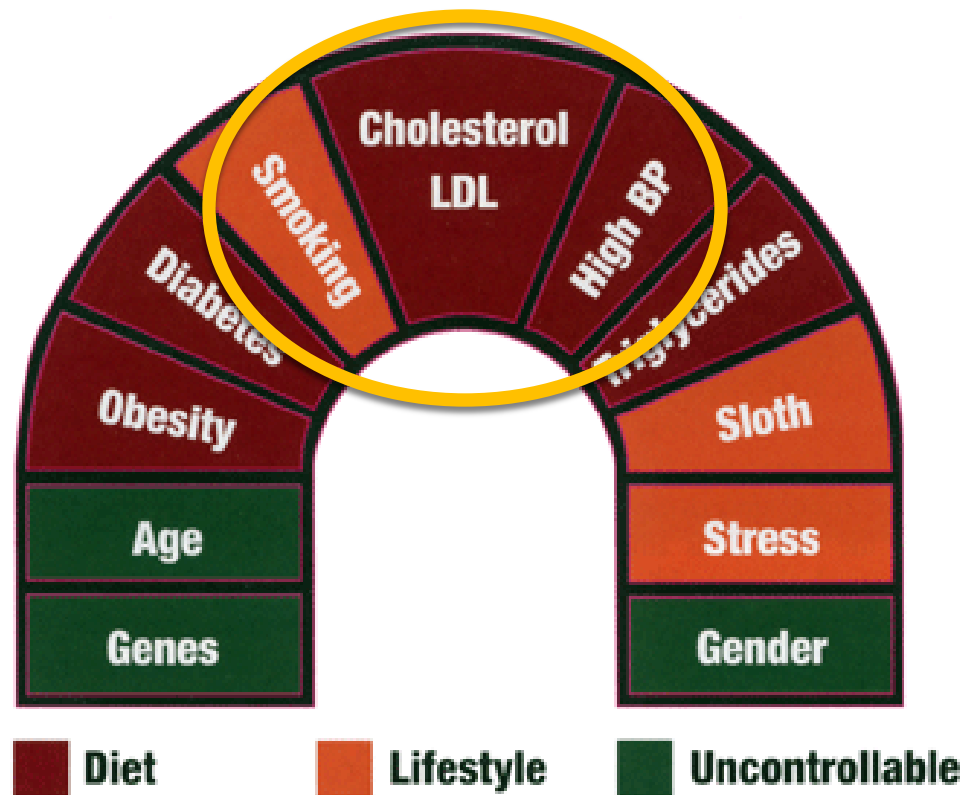
HEART ATTACK RISK FACTORS

Controllable

Smoking
High blood pressure
High cholesterol
Overweight and obesity
Physical inactivity
Diabetes

Uncontrollable

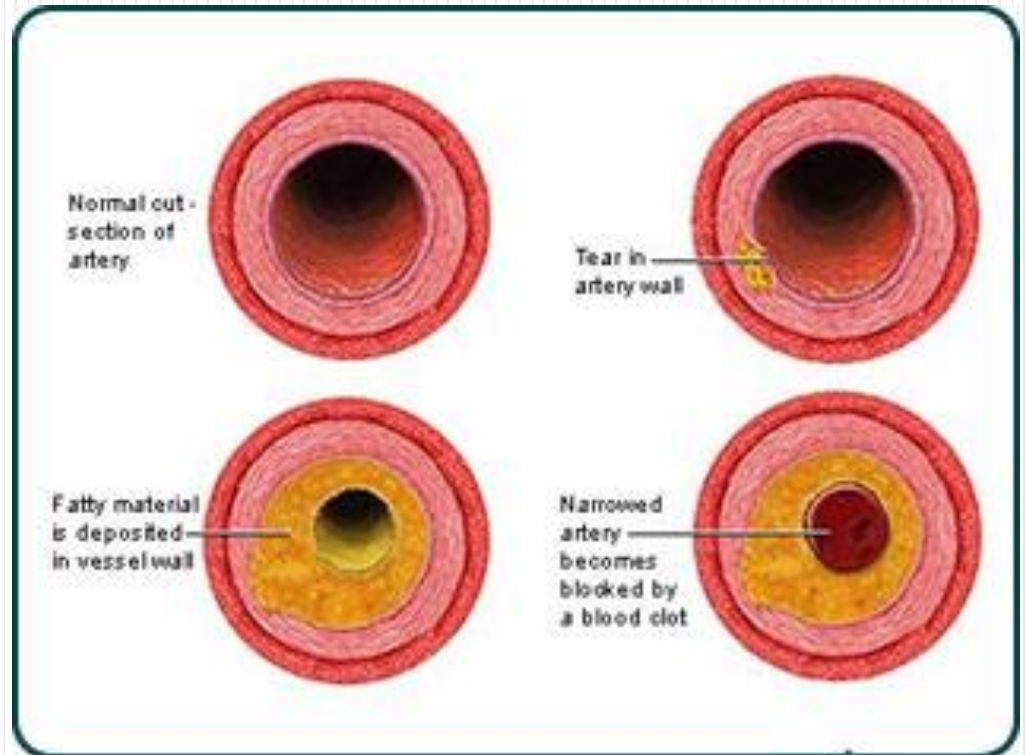
Pre-existing heart conditions
Age, risk increases
- men at 45 yrs
- women at 55 yrs
Family history
Gender



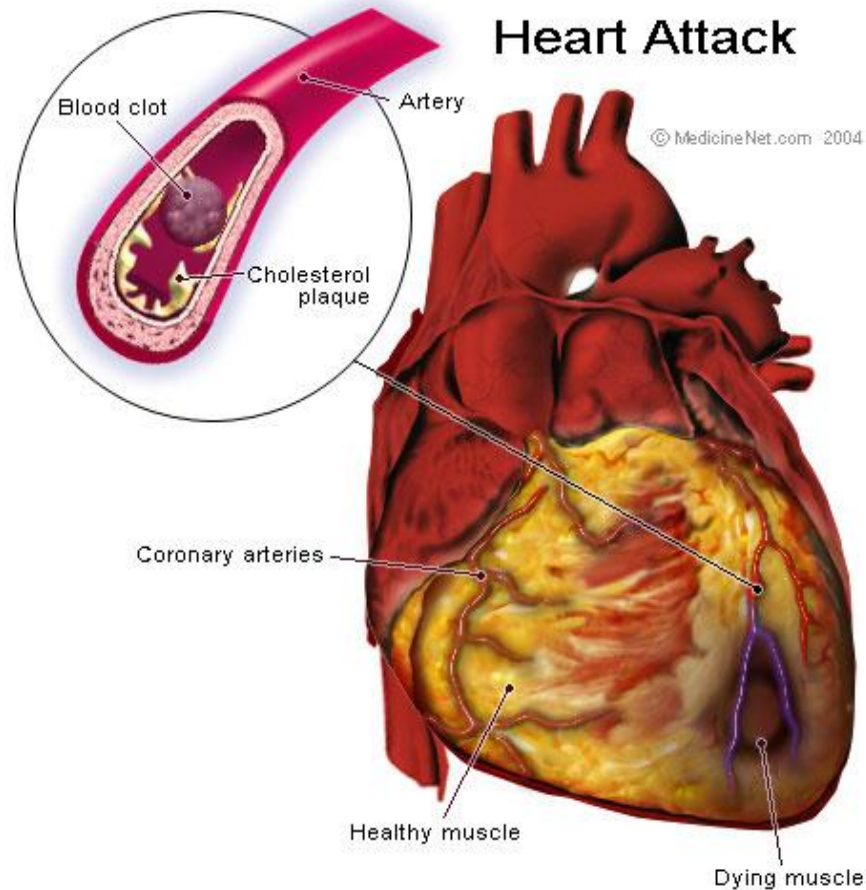
Most common form of Heart Disease

CORONARY ARTERY DISEASE |CAD|

A disease in which plaque builds up inside the arteries of the heart. This plaque is made up of fat, cholesterol, and calcium. Over time, plaque hardens and narrows your arteries, limiting the flow of blood to the heart.



WHAT IS A HEART ATTACK?



Occurs when the supply of blood and oxygen to an area of heart muscle is blocked, usually by a clot in a coronary artery.

HEART ATTACK SYMPTOMS

- ✓ Pressure, a feeling of fullness or a squeezing pain in the center of your chest lasting for more than a few minutes
- ✓ Pain extending beyond your chest to your shoulder, arm, back, teeth, or jaw
- ✓ Increasing episodes of chest pain
- ✓ Prolonged pain in the upper abdomen
- ✓ Shortness of breath
- ✓ Sweating
- ✓ An impending sense of doom
- ✓ Fainting
- ✓ Nausea and vomiting

RESPONDING TO A CARDIAC EMERGENCY



Check the scene and the
victim(s)



Call 9-1-1 for help, or send
someone else to call



Care for the victim

AED: AUTOMATED EXTERNAL DEFIBRILLATOR

- ✓ If there is an AED available, **use it!** It could save a life.
- ✓ AEDs are simple and straightforward.
- ✓ As soon as an AED is made available, you may stop CPR and begin administering the AED.



HEART DISEASE PREVENTION

- ✓ Eat a healthy diet:
 - ✓ Plenty of fruits and vegetables
 - ✓ Food low in saturated fat and cholesterol
 - ✓ Food high in fiber
 - ✓ Limit salt and sodium
- ✓ Maintain a healthy weight
- ✓ Don't smoke, if you do, get help in quitting
- ✓ Limit alcohol use



PREVENT OR TREAT YOUR MEDICAL CONDITIONS

- Have your cholesterol checked once every five years.
- Monitor your blood pressure regularly (Worksite Health Fair schedule is on the CSC website)
- Manage diabetes
- Take your medicine as prescribed
- Communicate with your doctor. Bring a list of questions and paper to take notes.



For Questions or to set up an appointment with a Health Coach for one-on-one assistance, please contact:

HEALTH EDUCATION
SERVICES

ahew@rl.gov

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