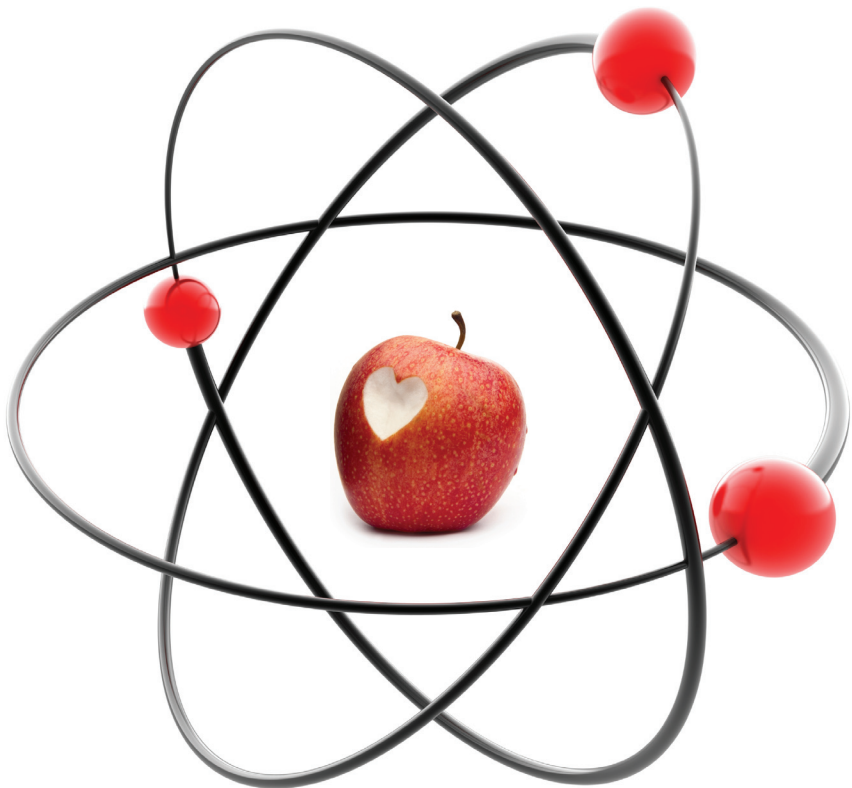


WE'VE PUT OUR HEARTS INTO ENERGY.



IT'S TIME WE PUT OUR ENERGY INTO OUR HEARTS.

Get **Heart** Healthy



U.S. DEPARTMENT OF
ENERGY



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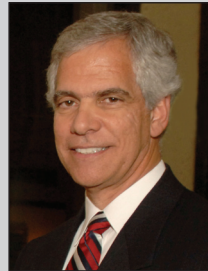
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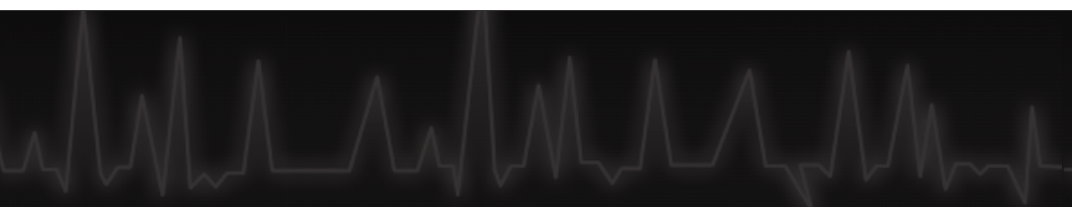
A Message From
**the Chief Health, Safety
and Security Officer**



The Office of Health, Safety and Security has made great strides since it was established in 2006 to increase awareness among both employees and employers that *people are our greatest asset* and that both personal and occupational health are essential to mission success. No matter who you are or what your job is, we want you to know that we value and support your “heart health.”



“We will treat our people as our greatest asset.”



Know the Facts

Heart disease is the leading cause of death in the United States and remains the greatest single threat to your life.

Each day, you have the power to make a difference, in your own life as well as in the lives of others. By lowering your risks of suffering a heart attack or stroke, you are leading the charge for heart health, for a longer life, and for a better future.



And what could possibly be worth more than time – time to spend with your family, to see your children and grandchildren as they grow, and to lead your family to a healthier tomorrow?

Grim statistics tell us that roughly one in three of our kids and teens is overweight or obese, nearly triple the rate in 1963, and one third of all adults are overweight or obese. With these increases in obesity rates come greater risks of high blood pressure, type 2 diabetes, and elevated cholesterol levels – all increasing the risks of heart disease for us, and even for our children. By adopting a heart healthy lifestyle, you can help change the future of your heart health and possibly your family’s as well.

It isn’t as complicated as you might think. Little changes go a long way. Getting educated, taking the stairs, and improving your nutrition could save your life.

Join us, and use your energy to make the Department of Energy a **heart healthy** workplace.



Be Prepared to Save a Life

By knowing the signs of cardiac arrest and stroke, you could save your own life or the life of someone you love. Every minute counts.

Signs of a Heart Attack

According to the American Heart Association (AHA), “most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help.”



Don't wait! Call 9-1-1 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** Shortness of breath may occur with or without chest discomfort.
- **Other signs.** Other signs may include nausea, lightheadedness, or breaking out in a cold sweat.

Special Note for Women:

“As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.” (AHA)

Signs of a Stroke

If you or someone with you has one or more of these signs, don't delay! Call 9-1-1.

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause.

By immediately calling 9-1-1, a stroke victim has a better chance of not only surviving the stroke but also, through the use of medication, limiting the long-term disability often caused by a stroke.

Steps to Save a Life

- Know the signs.
- Call 9-1-1.
- If the heart attack sufferer is unconscious, give cardiopulmonary resuscitation (CPR) until emergency help arrives. For more information on CPR classes, contact the safety and health department at your location.



Take Control

There are many things in life you cannot control—but you **can** lower your risk of having a heart attack or stroke.

- **Clear the Air... in Your Lungs.** Tobacco is the main factor you can control to keep your lungs clean. Smoking (or even using smokeless tobacco products) damages and narrows blood vessels, raises cholesterol levels, and raises blood pressure. These life-threatening effects get less publicity than tobacco-related cancer, but more people die from heart disease every year than from lung and other tobacco-associated cancers. You can make a change. It is never too late. Your body will begin to heal only hours after your last use of tobacco. Get started!
- **Lessen the Pressure.** Blood pressure is considered high if it stays at or above 140/90 mmHg over a period of time. At this level, the lining of the arteries becomes damaged and progressively narrowed. Physical exercise is generally beneficial and can temporarily raise your blood pressure, but a constantly high blood pressure resulting from disease is very harmful. Eat healthy. Exercise regularly, and manage your stress level. You can lower your risk of high blood pressure and lower your risk of a heart attack or stroke.

- Lower that Cholesterol.** Cholesterol is a soft, waxy substance found in your bloodstream and in all of your body’s cells. Some cholesterol is necessary for your health, but if you have too much, fatty deposits may develop in your blood vessels that, over time, make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, increasing your risk of a heart attack. Decreased blood flow to your brain can cause a stroke. To lower your cholesterol levels, adopt a healthy diet, get regular exercise, and, if your doctor prescribes it, use a cholesterol-lowering medication. (Mayo Clinic website and AHA website)
- Get Up.** Being a “couch potato” can worsen other risk factors for heart disease. In fact, a sedentary lifestyle may be worse for you than using a bit of tobacco. To combat the sedentary lifestyle, find time to exercise, get outdoors, and enjoy family time away from your TV room.
- Lighten Up.** Being overweight means having extra body weight from muscle, bone, fat, and/or water. Being obese means having a lot of extra body fat. Obesity makes *potential* risks into *serious* risks. To make a healthy change, first make a plan with modest goals. Then, understand that every day is a chance to treat your body right with healthy foods and plenty of exercise.



Recognize Other Possible Risk Factors

- Diabetes:** According to the American Diabetes Association website, “... diabetes is a group of diseases characterized by high blood glucose levels that result from defects in the body’s ability to produce and/or use insulin.” People with diabetes are especially at risk for narrowing of the arteries, particularly if they were affected by diabetes at an early age. Today, more and more adults are developing diabetes, and they all have a greater risk of heart disease. While diabetes, whether type 1 or type 2, is a permanent condition, proper diet and exercise can limit the risks of heart disease. And proper diet and exercise can actually **prevent** you from developing type 2 diabetes.

- **Sleep apnea:** Sleep apnea is a disorder in which a person’s breathing stops or gets very shallow during sleep, resulting in lower oxygen levels. As the body strains to increase the flow of blood, the chance of having high blood pressure and, ultimately heart disease, increases. Talk to your doctor if you think you have sleep apnea. Several treatment options, including weight loss, are available to lower the risks posed by sleep apnea.
- **Stress:** Research shows that the most commonly reported “trigger” for a heart attack is an emotionally upsetting event—particularly one that makes you angry. Sudden changes in blood flow can either reveal pre-existing heart disease or produce new, but significant, blockages in the arteries. It’s time to get focused on relaxing, especially taking time out when under stress. Consider scheduling time to relax each day, so that relaxing becomes an important part of your daily routine.
- **Alcohol:** Heavy drinking can damage the heart muscle, resulting in abnormal thickening of the heart muscle and congestive heart failure. Fortunately, there is evidence to suggest that such changes may be partially reversible after heavy drinking is discontinued. Be aware of your alcohol consumption, and think of your heart before taking another drink. According to *Finding Your Way to a Healthier You* (issued by the U.S. Department of Agriculture and Health and Human Services), “Moderate drinking means up to 1 drink a day for women and up to 2 drinks for men.” Drinking more than these amounts is detrimental to your health.

Knowing your individual risks can help you and your doctor implement the most effective plan for your heart health.



Time to Visit Your Doctor

With your doctor’s help, you will be able to determine your risk of heart disease. Your doctor will most likely begin with a comprehensive medical assessment to identify your risk factors for heart disease. The four general parts of the medical assessment process include the following:

- **Your medical and family medical histories**
- **The results of a physical examination**
- **The results of diagnostic tests and procedures**
- **The assessment of identified risk factors.**

Create Your Game Plan

After you know your specific risks for heart disease, you will be able to move toward having a healthier heart.



Smoking

The risks associated with tobacco use are clear:

- **Tobacco users are 2 to 4 times more likely to develop coronary heart disease than nonsmokers.**
- **People who smoke are up to 6 times more likely to suffer a heart attack than nonsmokers.** The risk increases with the number of cigarettes smoked.
- **Secondhand smoke exposure increases the heart disease risk by 25 to 30% in nonsmoking adults.**

Your medical provider can help with strategies to help you quit smoking. Additional guidance is available on the Centers for Disease Control and Prevention website at: http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/



Nutrition

Good nutrition will help your heart. As an extra bonus, it also improves your overall health, increases your energy level, and strengthens your immune system.

But what is good nutrition? Watching calories? Fats? Specific nutritional goals related to heart health involve cholesterol. National guidelines say a person's total cholesterol number should be under 200, while 220–239 is considered borderline high, and above 240 is considered high. Your body creates cholesterol on its own, and some bodies naturally make too much (your doctor and family history can help you determine whether you

fall into this category). The rest of the cholesterol in your body comes from what you eat, and cholesterol is only found in animal products. Yes, that's right, you can eat asparagus, salad (with olive oil dressing), broccoli, green beans—all without worrying about raising your cholesterol level. And, if you follow a heart healthy diet, you are automatically watching your calories and fat intake at the same time.

This isn't about denying yourself all of your favorite foods, it's about making heart health your top priority. Make your favorite unhealthy foods part of a celebration once in a while, instead of an everyday event.

To lower your cholesterol, get focused on heart healthy nutrition combined with exercise. The following graphic gives some good ideas about heart healthy eating.

1. Eat a variety of foods. (No one food can give you all you need for optimal health.)
2. Balance food intake with physical activity (energy in versus energy out).
3. Choose a diet with plenty of grain products, vegetables, and fruits.
4. Choose a diet low in fat (less than 30% of total calories).
5. Choose a diet moderate in sugar. (Natural sugars in fruits are good for energy; limit sugars from sweets and soft drinks.)
6. Choose a diet moderate in salt.
7. Drink alcoholic beverages only in moderation.
8. Eat lean meats, poultry, fish, beans, eggs, and nuts.



Fitness

Regular physical activity can lower your odds of experiencing many heart disease risk factors, including high cholesterol, high blood pressure, diabetes, and obesity. Exercising also gives you more energy and makes you feel better. Any kind of exercise, for nearly any period of time, helps

your heart and body get in shape. Most importantly, certain exercises performed regularly can help you prevent or manage heart disease.

Caution: Make sure your heart is healthy enough to start a new exercise program. Your doctor can help.

Unless your doctor tells you otherwise, try to get at least 30 minutes of moderate-intensity activity nearly every day. You can do the activity all at once or break it up into shorter periods of at least 10 minutes each.



Your heart healthy exercise program might begin with:

- pleasure walking
- climbing stairs
- gardening/yard work
- moderate-to-heavy housework
- home exercise.

For a more formal heart health exercise program, do more vigorous aerobic activities three or four times a week for 30 to 60 minutes:

- brisk walking
- running
- swimming
- cycling.



Some work facilities provide fitness centers. Schedule a weekly trip to the gym. A little effort can reap a large reward—and as you improve your heart health, you are contributing to positive changes in your overall health and well being.

Care enough to treat yourself right!

Final Word

HSS stands ready to support you in your fight against heart disease. There will never be a better time than now to put your heart first and take the steps to have a healthier future. Talk to your family. Talk to your co-workers. Empower each other to get heart healthy. You can do it, and we at HSS will help.

For more information on heart disease and prevention, read *Heart Health – We’re Taking It Personally*, prepared by DOE’s Chief Medical Officer, found at:

http://www.hss.energy.gov/cmo/hearthealthy_report.pdf

To share this Get Heart Healthy brochure with your family and friends, follow this link:

http://www.hss.energy.gov/cmo/hearthealthy_brochure.pdf

If you have ideas about how HSS can help you and others improve your heart health, please contact:

DOE’s Chief Medical Officer at 202-586-8758

or

e-mail HSS at HSSUserSupport@hq.doe.gov

**It’s time we put our energy into our hearts.
Take the first step! It will be worth it.**

“We will treat our people as our greatest asset.”



Get **Heart** Healthy