



## 2017 Education Series

# Heart Disease

### What is Heart Disease & Associated Conditions?

**Heart Disease** (Cardiovascular Disease) includes numerous problems, many of which are related to plaque (atherosclerosis) that builds up in the walls of the arteries which makes it harder for blood to flow. If a blood clot forms, it can stop the blood flow which can cause a heart attack or stroke.

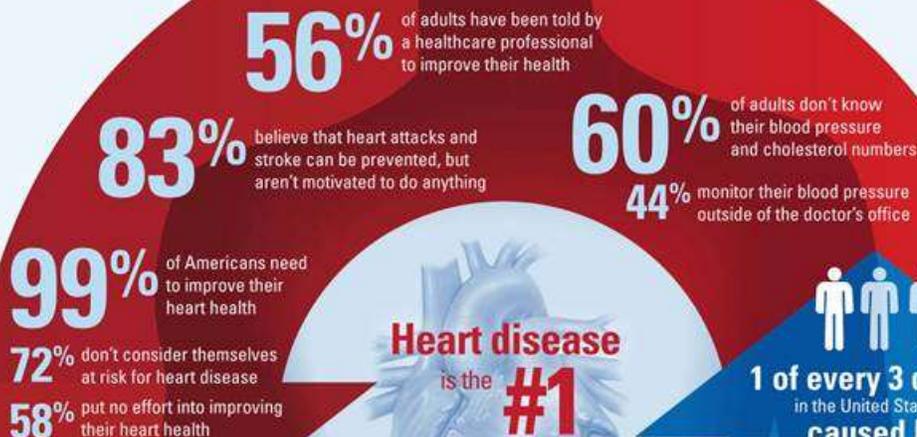
- 💧 **Heart Attack:** Occurs when blood flow to part of the heart is severely reduced or cut off completely. Coronary arteries, which supply the heart muscle with blood, can slowly become narrow from a buildup of plaque. When the heart muscle is starved for oxygen and nutrients, due to reduced blood flow, it can lead to a heart attack.
- 💧 **Stroke:** When a blood vessel that feeds the brain gets blocked, usually from a blood clot, the blood supply to that part of the brain is shut off and brain cells die. The result will be the inability to carry out some of the previous functions as before like walking or talking.
- 💧 **Heart Failure:** This doesn't mean that the heart stops beating. Heart failure, sometimes called congestive heart failure, means the heart isn't pumping blood as well as it should. The heart keeps working, but the body's need for blood and oxygen isn't being met.
- 💧 **Arrhythmia:** This is an abnormal rhythm of the heart. There are various types of arrhythmias. The heart can beat too slow, too fast or irregularly.
- 💧 **Heart Valve Problems:** When heart valves don't function well, blood flow through the heart is compromised. If the valves don't open enough (stenosis) blood can't get through. If they don't close completely (regurgitation) blood can leak through. If they are weak, blood can back up and push through the valve backwards, allowing blood to back up into the heart.

# Heart Disease Facts

## Matters of Your Heart



### RISKS



Heart disease is the **#1** leading cause of **death** in the United States.

1 of every 3 deaths in the United States is caused by heart disease and stroke

Lowering your blood pressure may decrease your risk of stroke and heart disease by about 50%

Every 25 seconds an American will have a coronary event



Every 39 seconds someone dies from heart disease and stroke

Each year, an estimated 785,000 Americans will have their first heart attack

Each year, an estimated 470,000 Americans will have another heart attack

### FACTS

More than 62,000 visits per day on [heart.org](http://heart.org) and [strokeassociation.org](http://strokeassociation.org)

329 Join our Facebook communities every day

Join our conversation every day at [facebook.com/AmericanHeart](https://facebook.com/AmericanHeart)

Statistics from the American Heart Association/American Stroke Association, ©2012, American Heart Association, 412055479

## Risk Factors You Can Modify, Treat or Control

- 💧 **Tobacco/ E Cigs** – Risk of developing heart disease is much higher
- 💧 **High Cholesterol** – Increases the risk of heart disease and stroke
- 💧 **High Blood Pressure** – Increases the heart's workload and causes the heart muscle to thicken and become stiffer.
- 💧 **Physical Inactivity** – If you do not keep active, the risk to your cardiovascular health is similar to that from hypertension, abnormal blood lipids and obesity.
- 💧 **Obesity and overweight** – Having excess body fat, especially around the waist, increases the risk for heart disease and stroke even if there are no other risk factors.
- 💧 **Unhealthy diet** – The type of food along with the amount consumed, can affect other controllable risk factors for heart disease.
- 💧 **Unmanaged Stress Levels** – Running on high gear all the time damages the body and leads to development of unhealthy coping strategies- smoking, over eating
- 💧 **Unmanaged Emotions**- Fear, anxiety, anger, depression and so on, can lead to improper self- care and accelerate damage to organs and the arteries.



[http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Coronary-Artery-Disease--Coronary-Heart-Disease\\_UCM\\_436416\\_Article.jsp#\\_WHZO1DhTGUk](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Coronary-Artery-Disease--Coronary-Heart-Disease_UCM_436416_Article.jsp#_WHZO1DhTGUk)

## How To Manage Heart Disease?

### Medically:

- ♥ Go to the doctor/cardiologist for regular check-ups.
- ♥ Take medications as prescribed.
- ♥ Consult a physiologist or mind/body professional for management of stress and emotions
- ♥ Contact medical/EMS professional if you feel pain in your chest, blinding headaches, or muscular - movement weakness or differences on one side of the body only.



# Lifestyle:

AN EVERYDAY HEALTH INFOGRAM

# 7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



The infographic features a background of a heart with an ECG line. Seven red, step-like boxes are arranged in an ascending staircase pattern from bottom-left to top-right. Each box contains a white icon, a bold title, and a descriptive sentence.

-  **Live smoke-free.** If you smoke, quit.
-  **Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
-  **Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
-  **Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
-  **Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
-  **Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
-  **Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

Source: American Heart Association.

*Thank You!*

**“Health *You*, Healthy *Us*”**  
**CFH Wellness Program**



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