
Slide 1

The slide features a decorative header with a purple-to-orange gradient and a white triangular shape pointing downwards. The MHN logo is in the top left. The main title 'Heart Health' is centered in purple. Below it, the presenter information is listed in black. A small copyright notice is at the bottom left of the slide content.

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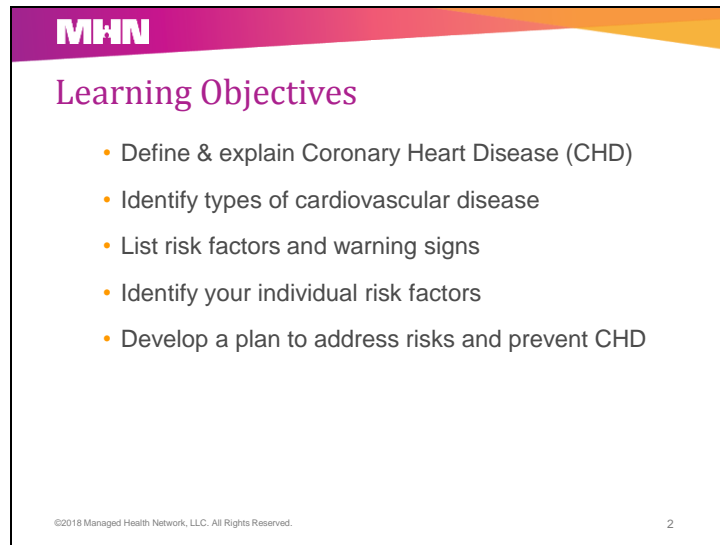
Heart Health

Presentation by:
MHN Training & Development

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Participant Handout

Slide 2



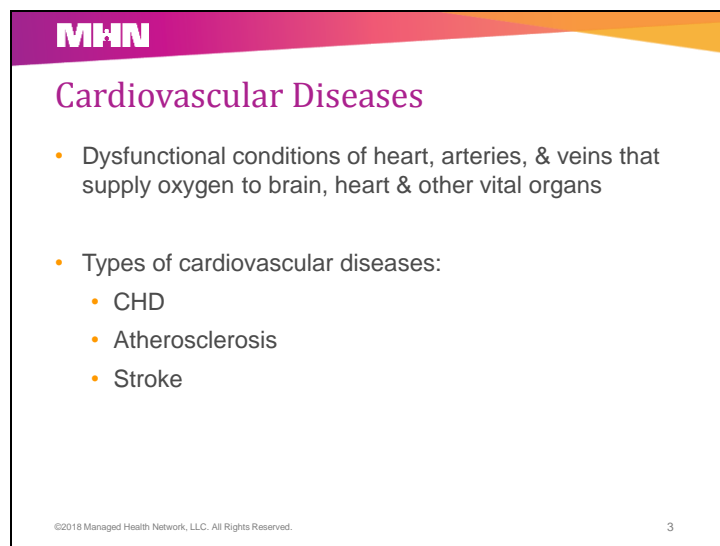
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Learning Objectives

- Define & explain Coronary Heart Disease (CHD)
- Identify types of cardiovascular disease
- List risk factors and warning signs
- Identify your individual risk factors
- Develop a plan to address risks and prevent CHD

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Cardiovascular Diseases

- Dysfunctional conditions of heart, arteries, & veins that supply oxygen to brain, heart & other vital organs
- Types of cardiovascular diseases:
 - CHD
 - Atherosclerosis
 - Stroke

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What is CHD?

- Stands for **C**oronary **H**eart **D**isease
- Leading cause of premature disability and death in the United States
- Chronic disease
- Interruption of blood flow to heart's muscular walls (*myocardium*)
- End result of atherosclerosis

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Atherosclerosis

- Complex process
- “Hardening of arteries”
- Causes blockage of arteries
- Prevents oxygen-rich blood from reaching heart

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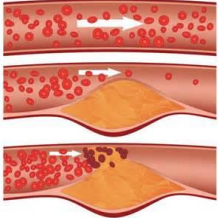
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Atherosclerosis

- A Healthy Artery
- A Partially Blocked Artery
- A Fully Blocked Artery



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Stroke

- Occurs when a blood vessel supplying blood to the brain is:
 - Blocked by clot (Ischemic Stroke)
- or
- Ruptured (Hemorrhagic Stroke)

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Types of Stroke

Types of Stroke

Ischemic Stroke
A thrombus or embolus blocks blood flow to part of the brain.

Hemorrhagic Stroke
Blood spills out from break in blood vessel in brain.

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Risk Factors

- Non-modifiable
 - Age
 - Gender
 - Genetic factors
 - Ethnicity
- Modifiable
 - Lifestyle
 - Environmental

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Modifiable Risks

- High cholesterol
- High blood pressure
- Obesity and overweight
- Lack of exercise
- Smoking
- Poor eating habits
- Stress levels
- Alcohol consumption
- Diabetes

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THE GOOD NEWS...

YOU CAN TAKE
PREVENTIVE ACTION!

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Control Your Cholesterol Levels

- How does cholesterol affect heart health?
- What can you do to control your cholesterol?
 - Eat well
 - Exercise
 - Quit smoking
 - Medication

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Control Your Blood Pressure

- How does blood pressure affect heart health?
- What can you do to control your blood pressure?
 - Eat well
 - Reduce salt & sodium intake
 - Manage weight
 - Exercise
 - Limit alcohol & caffeine
 - Quit smoking
 - Medication

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Heart Healthy Diet

- 8-10% of the day's total calories from saturated fat
- 30 % or less of the day's total calories from fat
- <300 milligrams of dietary cholesterol a day
- Limit sodium intake to 2400 milligrams a day
- Just enough calories to achieve/maintain healthy weight & reduce blood cholesterol level

(Ask doctor or registered dietitian what is a reasonable calorie level for you)

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Heart Healthy Exercise

- 30 minutes per day
- 4-6 x per week
- Aerobic to raise heart rate
 - Walking briskly
 - Climbing stairs
 - Housework at quicker pace
 - Raking leaves & mowing lawn

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Medications

- Cholesterol medications
- Aspirin
- Beta blockers
- Nitroglycerin
- Angiotensin-converting enzyme (ACE) inhibitors
- Calcium channel blockers

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Warning Signs For Heart Attack

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
 - With or without chest discomfort
- Cold sweat, nausea or lightheadedness

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Warning Signs For Stroke

- Sudden weakness, numbness or tingling in face, arm & leg on one side of the body
- Loss of speech, garbled speech or trouble talking or understanding others
- Loss of vision
- Sudden dizziness or loss of balance
- Sudden severe headaches

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What To Do

- Know the warning signs!
 - For Heart Attack
 - For Stroke
- Post phone #'s in accessible place
- Call doctor
- Call 911
 - Describe condition & geographic location
 - Don't hang up until dispatcher tells you to
- For a Heart Attack:
 - Chew 1 regular aspirin tablet, only if the 911 operator recommends it
 - Or, wait until the EMT or Emergency Department physician provides it
 - Do NOT take aspirin if
 - You suspect you are having a stroke
 - You are allergic to aspirin or its derivatives
 - It is contraindicated by your other medications

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For Bystanders

- Call 911!
- Loosen tight clothes
- Help person find most comfortable position
- Do not give food or drink
- Be calm & reassuring
- **Immediately** begin CPR if person is non-responsive
- Administer aspirin if person conscious, and only if it is recommended by the 911 operator

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Next Steps

What is your personal action plan to prevent heart disease?

- Have your blood cholesterol checked regularly
- Don't smoke
- Have your blood pressure checked regularly
- Be physically active
- Recognize and treat diabetes
- Maintain a healthy weight
- Eat healthy foods low in saturated fat, cholesterol and sodium
- Don't drink too much alcohol

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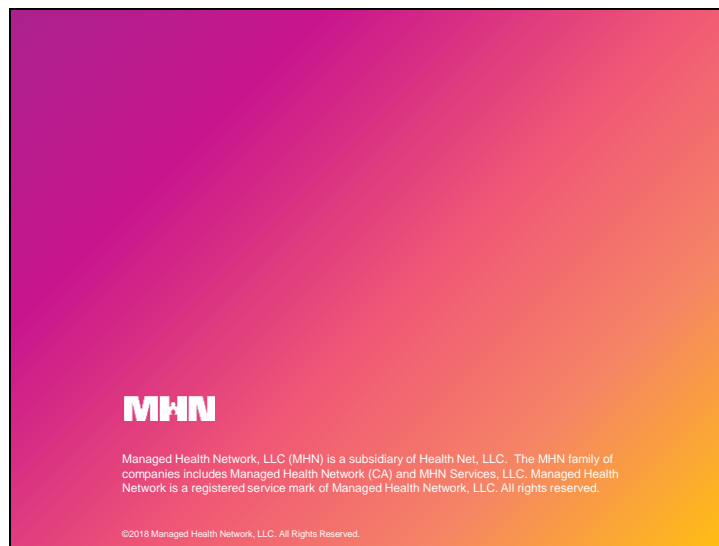
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Resources

- American Heart Association www.americanheart.org
- American Stroke Association www.strokeassociation.org
- Mayo Clinic www.mayo.org
- MHN Online www.mhn.com

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Numbers That Count For A Healthy Heart

Goal

TOTAL CHOLESTEROL

Less than **200 mg/dL**

LDL ("BAD") CHOLESTEROL
(There are different goals for each level of risk for heart disease)

People who are at low risk for heart disease:
Less than **160 mg/dL**

People at **intermediate risk** for heart disease:
Less than **130 mg/dL**

People at **high risk** for heart disease including those who have heart disease or diabetes:
Less than **100 mg/dL**

People at **very high risk** for heart disease:
Less than **70 mg/dL**

HDL ("GOOD") CHOLESTEROL

Women: **50 mg/dL** or higher
Men: **40 mg/dL** or higher

TRIGLYCERIDES

Less than **150 mg/dL**

BLOOD PRESSURE

Less than **120/80 mmHg**

FASTING GLUCOSE

Less than **100 mg/dL**

BODY MASS INDEX (BMI)

Less than **25 kg/m²**

WAIST CIRCUMFERENCE

Women: **35 inches** or less
Men: **40 inches** or less

PHYSICAL ACTIVITY

At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week**

OR
At least **20 minutes of vigorous**
aerobic activity at least **3 days**
per week;
AND
Strength/endurance activity at
least **2 days per week**.

DIET AND NUTRITION

The amount of food you need depends on your personal calorie needs and health status. If you need 2,000 calories each day you should:

- Eat **6 to 8 daily servings of grain products**, with at least half as whole grains.
1 serving = 1 slice bread, 1oz. dry cereal, or ½ cup cooked rice.
- Eat **4 to 5 cups of fruits and vegetables** each day, in a variety of colors and types.
- Eat **2 to 3 cups of fat-free or low-fat dairy** products each day.
- Eat **3 to 6 oz. (cooked) of lean meats, poultry or seafood** per day.
3 oz. of meat or poultry is about the size of a computer mouse; 3 oz. of fish is about the size of a checkbook.
- Limit intake to **2 to 3 servings per day of fats and oils**. Use liquid vegetable oils and soft margarines most often to reduce saturated and trans fats.
1 serving = 1 teaspoon of soft margarine or 1 tablespoon of mayonnaise.
- Eat **3 to 5 servings per week of nuts, seeds and legumes**.
1 serving = 1/3 cup nuts, 2 tablespoons peanut butter or ½ cup dry beans or peas..
- Limit **cholesterol intake to 300 mg per day** for people with no heart disease risk factors or to **200 mg per day for those with heart disease risk factors**.
- Limit **salt intake to less than 2,300 mg per day**. People with high blood pressure or heart failure, African-Americans and people over 50 should limit salt to less than 1,500 mg per day.
- Limit **sweets and added sugars to 5 or fewer servings per week**
1 serving = 1 tablespoon sugar, 1 tablespoon jam, ½ cup sorbet or 1 cup lemonade.

TOBACCO

Eliminate all tobacco products and exposure to secondhand smoke.

ALCOHOL

Women: no more than **1 drink per day**.

Men: no more than **2 drinks per day**.

1 drink = 5 oz. wine, 1 oz. liquor or 12 oz. beer

From The American Heart Association website.

Handout A. Heart Disease Quiz

1 In the United States, 500 people die of cardiovascular disease every day.

- TRUE** **FALSE**

2 Heart disease may be linked to a variety of risk factors, some of them controllable (such as diet and lifestyle), others uncontrollable (such as heredity and advancing age).

- TRUE** **FALSE**

3 Scientists have yet to determine which lifestyle factors, if any, affect heart disease.

- TRUE** **FALSE**

4 Symptoms of a heart problem can include chest pain -- either tight and suffocating, or sharp and piercing -- and the feeling that the heart is fluttering, thumping, pounding or racing.

- TRUE** **FALSE**

5 Women should be just as concerned about their own risk of coronary heart disease as they are about their husbands', fathers', and sons' risk. It's not just a man's disease.

- TRUE** **FALSE**

Answers are provided on the following page.

Results: Heart Disease Quiz

1 In the United States, 500 people die of cardiovascular disease every day.

The correct answer is: **FALSE**

The daily toll is about 2,600 people. Two out of every five Americans die of cardiovascular diseases. Cardiovascular diseases are those that affect the heart and blood vessels and include high blood pressure, coronary heart disease (also called coronary artery disease or heart disease), heart failure, stroke, and heart defects present at birth.

2 Heart disease may be linked to a variety of risk factors, some of them controllable (such as diet and lifestyle), others uncontrollable (such as heredity and advancing age).

The correct answer is: **TRUE**

Coronary heart disease is caused by a buildup of plaque in the arteries (atherosclerosis). Risk factors include those you can control: poor diet, physical inactivity, obesity, high cholesterol, high blood pressure, smoking, and diabetes; and those you can't: heredity and advancing age.

3 Scientists have yet to determine which lifestyle factors, if any, affect heart disease.

The correct answer is: **FALSE**

There are numerous risk factors for heart disease that you can control. High blood pressure and cholesterol contribute to heart disease, as do obesity, a sedentary lifestyle, and stress. Many of these risk factors can be reduced or eliminated with regular exercise and a diet of healthful foods. Quitting smoking is also vital to reducing your heart-disease risk.

4 Symptoms of a heart problem can include chest pain -- either tight and suffocating, or sharp and piercing -- and the feeling that the heart is fluttering, thumping, pounding or racing.

The correct answer is: **TRUE**

Other symptoms that may indicate a heart problem are shortness of breath; fluid retention in the legs, ankles, abdomen, lungs or heart; and lightheadedness, weakness, dizziness, or fainting spells. Keep in mind that each type of heart problem has its own characteristic symptoms.

5 Women should be just as concerned about their own risk of coronary heart disease as they are about their husbands', fathers', and sons' risk. It's not just a man's disease.

The correct answer is: **TRUE**

Heart disease is the No. 1 killer of American women. Half of American women eventually die from heart disease. Women tend not to display the textbook symptoms of heart disease, but the same risk factors apply to both sexes.

Handout B. Calorie Burn Chart

<u>Activity</u>	<u>Calories Burned per ½ hour</u>
Aerobic (low impact)	
House cleaning	114
Walking (20-minute mile)	150
Running (9 minute mile)	360
Swimming	237
Tennis	204
Ballroom Dancing*	96
Hiking	214
In-Line Skating	
Line Dancing	312
Skiing (cross country)	222
Skiing (downhill)	183
Stair-stepping	206
Step Class (depends on step height)	200-300
Yoga	100

* For those of you who watched “Dancing With The Stars,” you may have heard about the weight the Stars were losing. One person lost 20 lbs...that’s a lot of dancing!

Handout C. Exercise Safety Tips

Talk to your doctor before you start an exercise program if:

- You're a man older than age 40 or a woman older than age 50
- You've had a heart attack
- You have a family history of heart disease before age 55
- You have heart, lung, liver or kidney disease
- You feel pain in your chest, joints or muscles during physical activity
- You have high blood pressure, high cholesterol, diabetes, arthritis, osteoporosis or asthma
- You have had joint replacement surgery
- You smoke
- You're overweight or obese
- You take medication to manage a chronic condition
- You have an untreated joint or muscle injury, or persistent symptoms after a joint or muscle injury
- You're pregnant
- You're unsure of your health status

Take 5 minutes to warm up and stretch. Stretching helps you to ease into your work out and it warms up your muscles. Stretching before a work out can help prevent injuries and it can release tension.

Take the talk test. While you're exercising or working out, you should be able to carry on a conversation without getting winded. If you are taking breaths between words or you cannot complete a sentence, you may want to slow down your pace.

Listen to your body: Pain IS a warning sign: We've all heard the saying, "No Pain, No Gain." However, pain is actually a warning sign. Listening to your body will keep you from over doing it, decrease your chances of becoming discouraged and increase your overall results.

Cool down for 3-5 minutes at a slow speed: The cool down time is a great time for your body to gradually return to a normal breathing pattern, blood flow and heartbeat. If you ever have worked out and then abruptly stopped, you may have noticed that your breathing is still at the pace that it was when you were exercising...even though your body has stopped moving. The cool down time helps your body to adjust to the change in exertion.

Finish with 5-7 minutes of stretching. Stretching helps your muscles to grow and it helps you to relax, especially after a workout. If you have ever stretched after a workout, you probably are aware of how great it feels to stretch!