

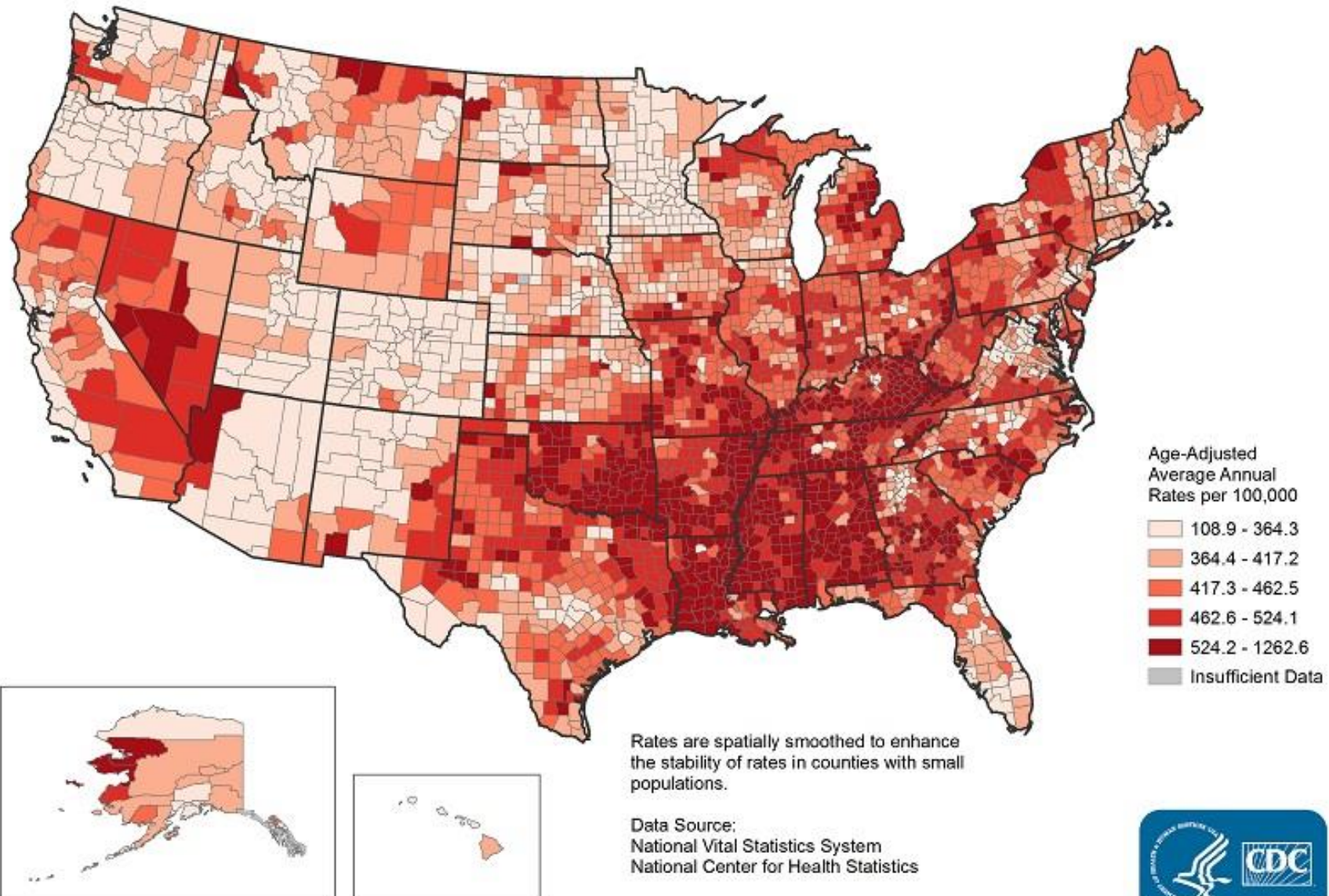
Healthy Heart

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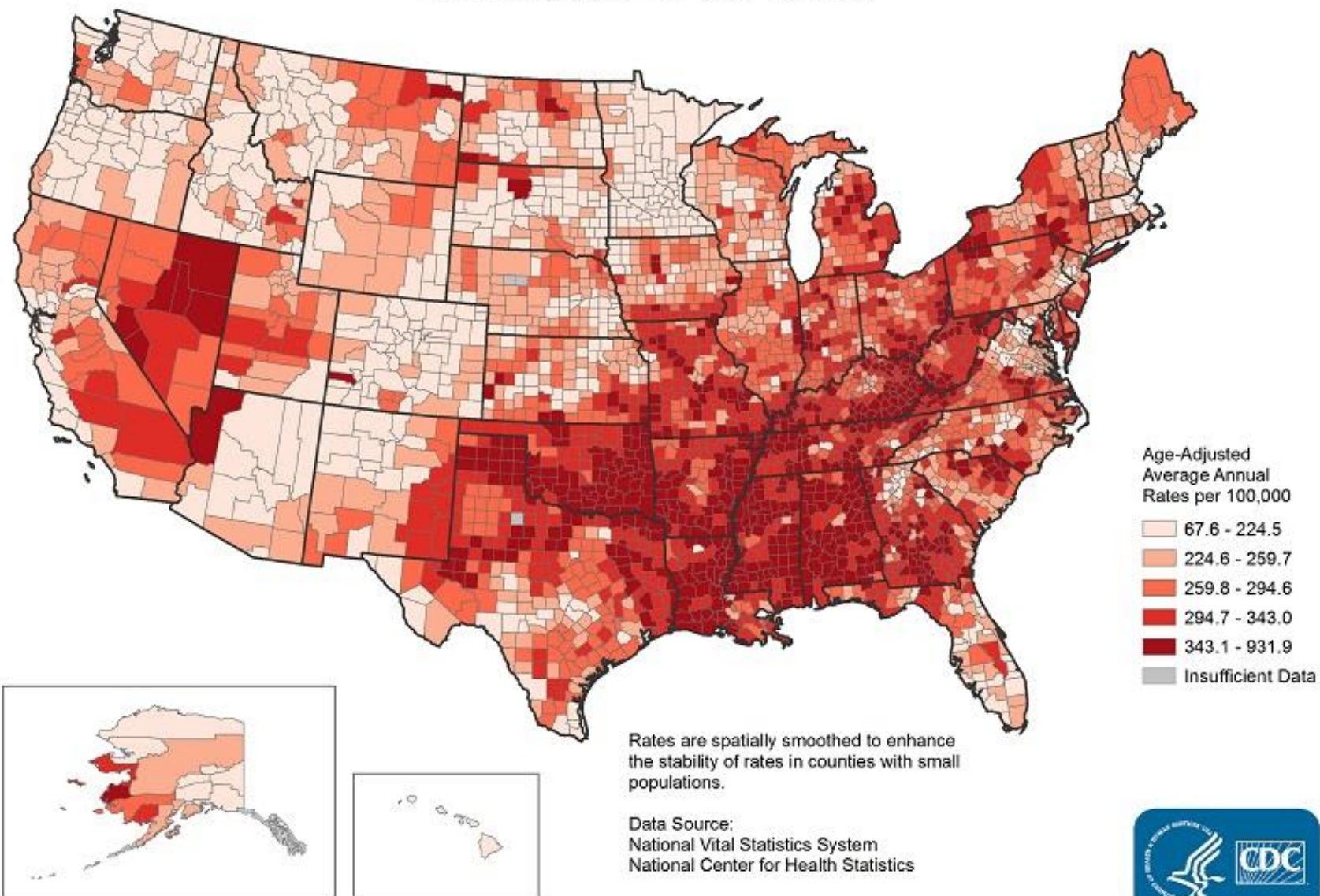
Heart Disease Death Rates, 2011-2013 Men, Ages 35+, by County



Men and Heart Disease Stats

- ▶ Heart disease is the leading cause of death for men in the United States, killing 321,000 men in 2013—that's **1 in every 4** male deaths.¹
- ▶ Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.²
- ▶ About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.³
- ▶ **Half** of the men who die suddenly of coronary heart disease have **no previous symptoms**.³ Even if you have no symptoms, you may still be at risk for heart disease.
- ▶ **Between 70% and 89%** of sudden cardiac events occur in men.³

Heart Disease Death Rates, 2011-2013 Women, Ages 35+, by County



Women and Heart Disease Stats

- ▶ Heart disease is the leading cause of death for women in the United States, killing 289,758 women in 2013—that's about **1 in every 4** female deaths.¹
- ▶ Although heart disease is sometimes thought of as a “man’s disease,” around the same number of women and men die each year of heart disease in the United States. Despite increases in awareness over the past decade, **only 54%** of women recognize that heart disease is their **number 1 killer**.²
- ▶ Heart disease is the **leading cause** of death for African American and white women in the United States. Among Hispanic women, heart disease and cancer cause roughly the same number of deaths each year. For American Indian or Alaska Native and Asian or Pacific Islander women, heart disease is second only to cancer.³
- ▶ About 5.8% of all white women, 7.6% of black women, and 5.6% of Mexican American women have coronary heart disease.⁴
- ▶ Almost **two-thirds** (64%) of women who die suddenly of coronary heart disease have **no previous symptoms**.⁴ Even if you have no symptoms, you may still be at risk for heart disease.

Symptoms in Women

- ▶ Symptoms
- ▶ While some women have no symptoms, others experience angina (dull, heavy to sharp chest pain or discomfort), pain in the neck/jaw/throat or pain in the upper abdomen or back. These may occur during rest, begin during physical activity, or be triggered by mental stress.⁶
- ▶ Women are more likely to describe chest pain that is sharp, burning and more frequently have pain in the neck, jaw, throat, abdomen or back.⁶
- ▶ Sometimes heart disease may be silent and not diagnosed until a woman experiences signs or symptoms of a heart attack, heart failure, an arrhythmia,⁶ or stroke.
- ▶ These symptoms may include

Symptom in Women (cont)

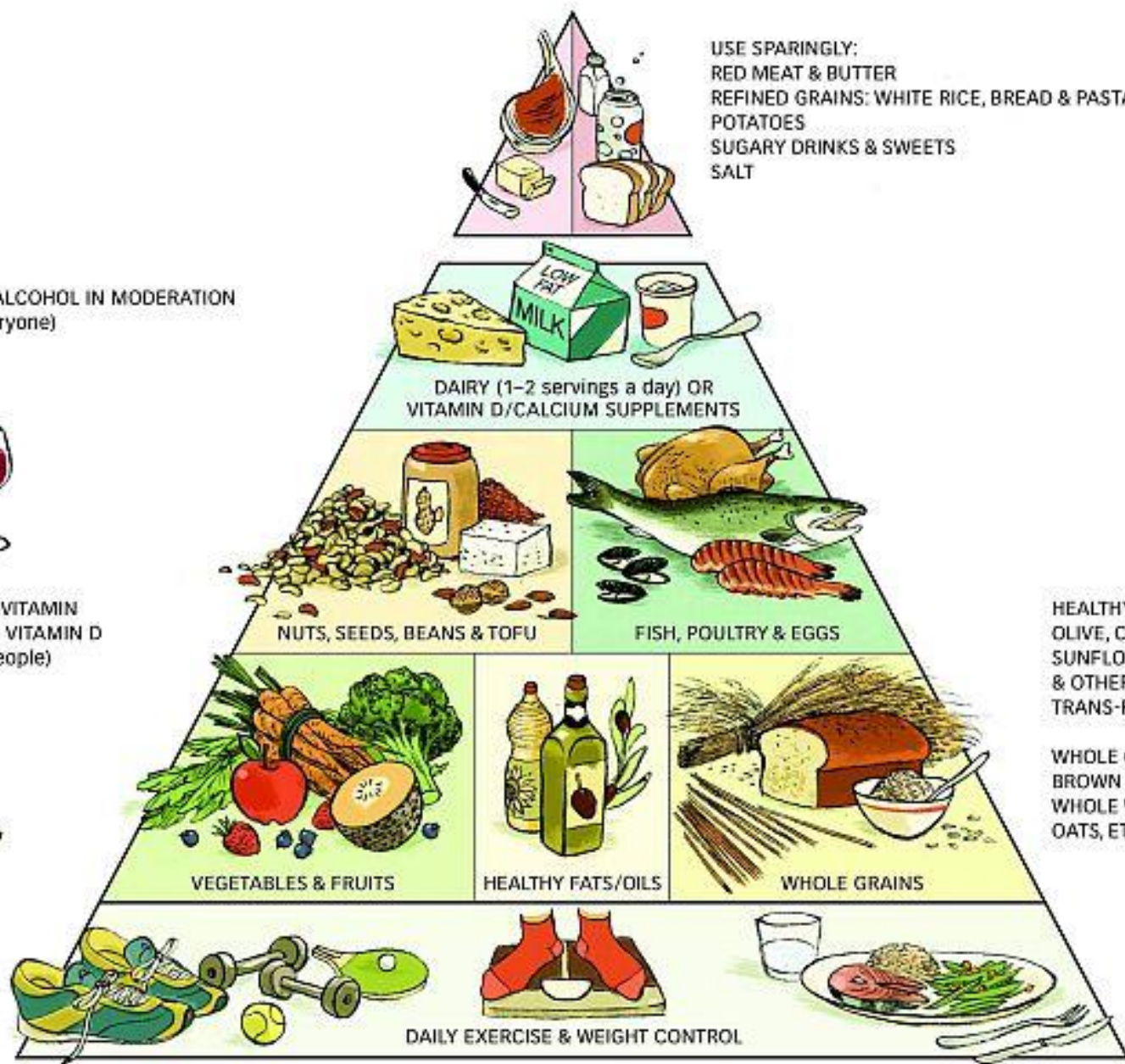
- ▶ **Heart Attack:** Chest pain or discomfort, upper back pain, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper body discomfort, and shortness of breath.
- ▶ **Arrhythmia:** Fluttering feelings in the chest (palpitations).⁶
- ▶ **Heart Failure:** Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.
- ▶ **Stroke:** Sudden weakness, paralysis (inability to move) or numbness of the face/arms/legs, especially on one side of the body. Other symptoms may include: confusion, trouble speaking or understanding speech, difficulty seeing in one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.⁷

Risk Factors for Heart Disease

- ▶ High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors.⁵
- ▶ Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:
 - ▶ Diabetes
 - ▶ Overweight and obesity
 - ▶ Poor diet
 - ▶ Physical inactivity
 - ▶ Excessive alcohol use

What Can I Do?

- ▶ Know your **blood pressure**. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly.
- ▶ Talk to your healthcare provider about whether you should be tested for **diabetes**. Having uncontrolled diabetes raises your chances of heart disease.
- ▶ **Quit smoking.**
- ▶ Discuss checking your **cholesterol and triglycerides** with your healthcare provider.
- ▶ Make **healthy food** choices. Being overweight and obese raises your risk of heart disease.
- ▶ **Limit alcohol** intake to one drink a day.
- ▶ **Lower your stress level** and find healthy ways to cope with stress.



OPTIONAL: ALCOHOL IN MODERATION
 (Not for everyone)



DAILY MULTIVITAMIN
 PLUS EXTRA VITAMIN D
 (For most people)



HEALTHY FATS/OILS:
 OLIVE, CANOLA, SOY, CORN,
 SUNFLOWER, PEANUT
 & OTHER VEGETABLE OILS;
 TRANS-FREE MARGARINE

WHOLE GRAINS:
 BROWN RICE,
 WHOLE WHEAT PASTA,
 OATS, ETC.

Fruits and vegetables to choose

- Fresh or frozen vegetables and fruits
- Low-sodium canned vegetables
- Canned fruit packed in juice or water

Fruits and vegetables to limit

- Coconut
- Vegetables with creamy sauces
- Fried or breaded vegetables
- Canned fruit packed in heavy syrup
- Frozen fruit with sugar added

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

Proteins to choose

- Low-fat dairy products, such as skim or low-fat (1%) milk, yogurt and cheese
- Eggs
- Fish, especially fatty, cold-water fish, such as salmon
- Skinless poultry
- Legumes
- Soybeans and soy products, such as soy burgers and tofu
- Lean ground meats

Proteins to limit or avoid

- Full-fat milk and other dairy products
- Organ meats, such as liver
- Fatty and marbled meats
- Spareribs
- Hot dogs and sausages
- Bacon
- Fried or breaded meats

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>



Low-salt items to choose

- Herbs and spices
- Salt-free seasoning blends
- Reduced-salt canned soups or prepared meals
- Reduced-salt versions of condiments, such as reduced-salt soy sauce and reduced-salt ketchup

High-salt items to limit or avoid

- Table salt
- Canned soups and prepared foods, such as frozen dinners
- Tomato juice
- Condiments such as ketchup, mayonnaise and soy sauce
- Restaurant meals

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

Other Considerations

- ▶ What about salt? Sugar?
- ▶ Diabetes and Heart Disease
- ▶ Genetics
- ▶ Exercise revisited
- ▶ What does your body tell you?
- ▶ What do you suggest?

You Can Do It!



82yr old granny deadlifts 153lbs.



February

HEART

MONTH

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