



# Keeping a Healthy Heart

*Avoiding Heart Attack and Stroke*



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# GROUP CLASS CONFIDENTIALITY AGREEMENT

*Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.*

*Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.*



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# IMPORTANT DISCLAIMER

The information provided in this presentation is **NOT** a substitute for the advice of your personal physician or other qualified health care professional.

**Always** seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

**Never** disregard professional medical advice or delay in seeking it based on information contained in this presentation.



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# ABOUT YOUR FACILITATOR

Name: Cheryl Mirabella

Bio: Kaiser Permanente Health Educator



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# AGENDA

1

- How does the heart work?

2

- What is cardiovascular disease, high blood pressure and stroke?

3

- Are you at risk?

4

- How to manage your cholesterol and high blood pressure

5

- Lifestyle changes to decrease risk.

6

- Resources



# At the end of this class you will be able to...

- Name **3 risk factors** for cardiovascular disease (CVD) that can be changed.
- Name **3 ways to manage** your cholesterol and high blood pressure.
- Name **3 lifestyle changes** to help decrease your risk for CVD.



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# Food for Thought



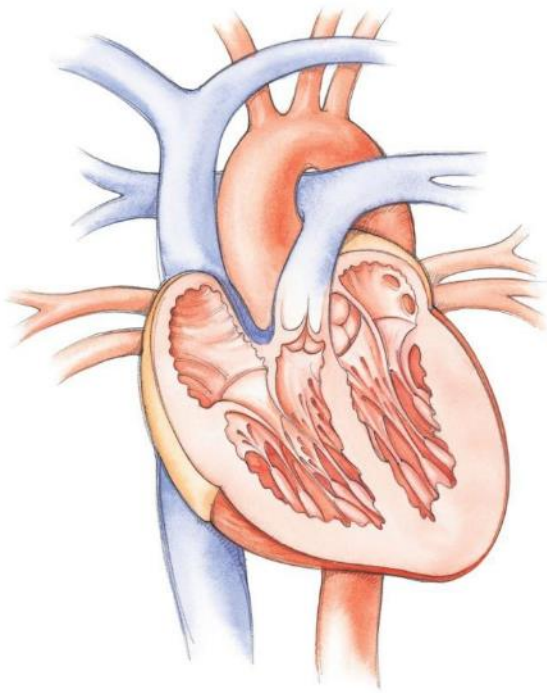
*"If I'd known I was going to live so long,  
I'd have taken better care of myself."  
~Leon Eldred*



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# How does your heart work?



- The heart is separated into a right and left side working solely as a pump to transport blood.
  - The left side pumps oxygen, received from the lungs, to the cells of the body.
  - The right side pumps carbon dioxide, returned from the body, to the lungs.
  - Veins carry blood **in** to the heart.
  - Arteries carry blood **away** from the heart.
- When we inhale oxygen enters the lungs.
- When we exhale carbon dioxide leaves the lungs



# What is Cardiovascular disease (CVD)?

CVD is a disease of the heart and its blood vessels.

- **High blood** pressure is a risk factor for CVD
- **Heart disease** is the #1 leading cause of death
- **Stroke** is the #5 cause of death



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Retrieved 3/1/18 from: <http://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>



# Heart Disease Risk Factors

- Risk factors that **CANNOT** be changed:
  - Increasing age
  - Race
  - Heredity
  - Previous history of stroke or heart attack
  - Gender



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# Heart Disease Risk Factors

Risk Factors that **CAN** be changed:

- High Blood Pressure
- High Cholesterol
- Smoking
- Physical Inactivity
- High Fat Diet
- Response to Stress
- Too Much Alcohol or Drug Use
- Overweight or Obesity



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# Women are at Risk for Heart Disease

- Heart disease is the number 1 killer of women
- Asian and Pacific Islander women have a lower rate of heart disease
- Statistically, African American women have the highest death rate from heart attack and stroke



Retrieved 3/1/2018 from <http://www.womenshealth.gov/heart-health-stroke/index.html?from=AtoZ>



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# What is Cholesterol?

- Fat-like material made by the liver
- Too much cholesterol forms plaque in the arteries
  - Plaque can block the arteries and cause a heart attack
- Get a blood test to know your cholesterol numbers



# Check your Cholesterol Numbers

Check with your doctor to find out what your cholesterol levels should be.

- Aim for total Cholesterol less than 200 
- 200-239 is moderately high
- 240 and above is high 

Note: your doctor may recommend lower levels based on your medical history.



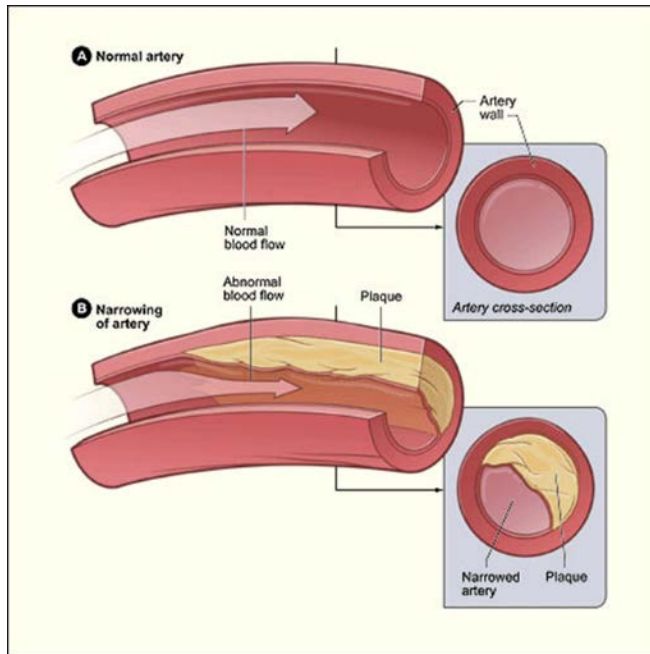
Retrieved 03/01/2018 from <http://www.nhlbi.nih.gov/health/health-topics/topics/hbc>



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# Cholesterol Forms Plaque



- Plaque is a fat-like material.
- Plaque can build up on the artery walls and slow down blood flow.
- A heart attack occurs when plaque completely blocks blood flow to the heart.
- A stroke occurs when plaque completely blocks blood flow to the brain.

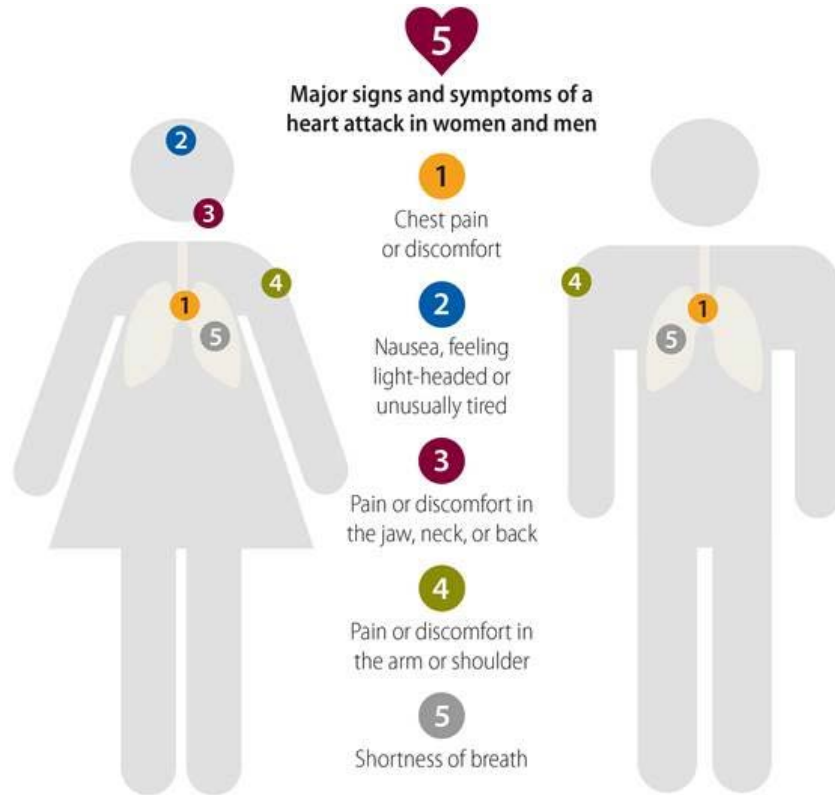
Retrieved from <http://images.google.com/imgres?imgurl=http://www.cooperhealth.org/content/images/vascular2.jpg&imgrefurl>



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# Warning Signs of Heart Attack



■ You may be having a heart attack if you feel these symptoms:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

**Call 911 immediately  
if you have these symptoms.**

Retrieved 3/01/2018 from [http://www.cdc.gov/heartdisease/signs\\_symptoms.htm/](http://www.cdc.gov/heartdisease/signs_symptoms.htm/)



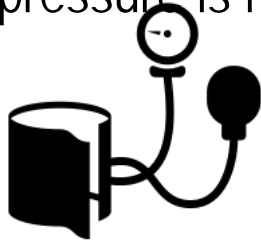
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# What is Blood Pressure?

- Blood pressure is the force of blood against the walls of the arteries
- Blood pressure is measured by two numbers



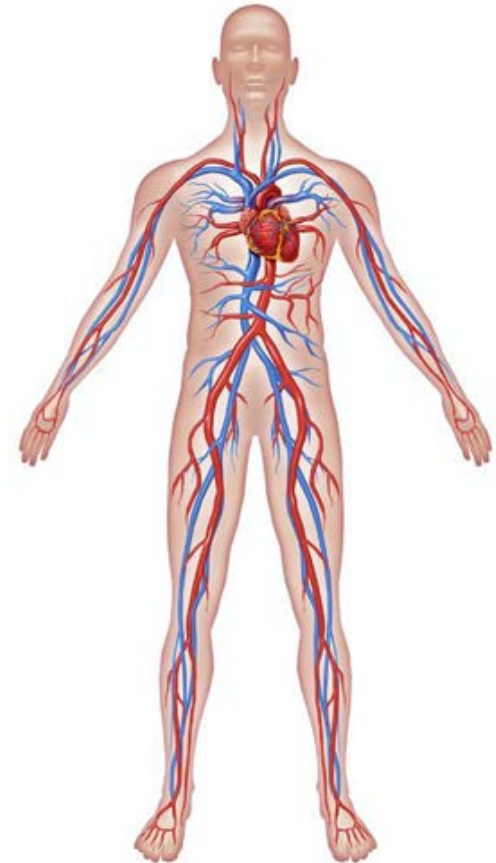
Systolic – when the heart contracts

**119/79** mm/Hg

Diastolic – when the heart relaxes

# What is High Blood Pressure?

- Blood pressure rises and falls during the day.
- When it stays high over time then its called high blood pressure (hypertension).
- Blood pressure of **140/90** and over is considered high blood pressure or hypertension.



Retrieved 3/01/2018 from <http://www.cdc.gov/bloodpressure/measure.htm>



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# Why is High Blood Pressure Dangerous?



- Makes the heart work too hard.
- Can harm the arteries and organs such as the heart, kidneys, brain, and eyes.
- The damage that is caused can last a lifetime.
- High blood pressure often has no warning signs or symptoms.

# High Blood Pressure

- Have your blood pressure checked regularly.
- Healthy blood pressure should be less than **120 systolic** and **80 diastolic** (120/80).
- Ask your doctor what your blood pressure should be.



Retrieved 03/01/2018 from <http://www.cdc.gov/bloodpressure/measure.htm>



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# What is a Stroke?

- A stroke occurs when blood flow to the brain is cut off. This is caused by:
  - a blood clot blocking the artery (**ischemic**).
  - a broken blood vessel (**hemorrhagic**) .
  - temporary clot (**transient ischemic attack**).
- Brain cells begin to die, leading to brain damage .
- Temporary or permanent loss of abilities .



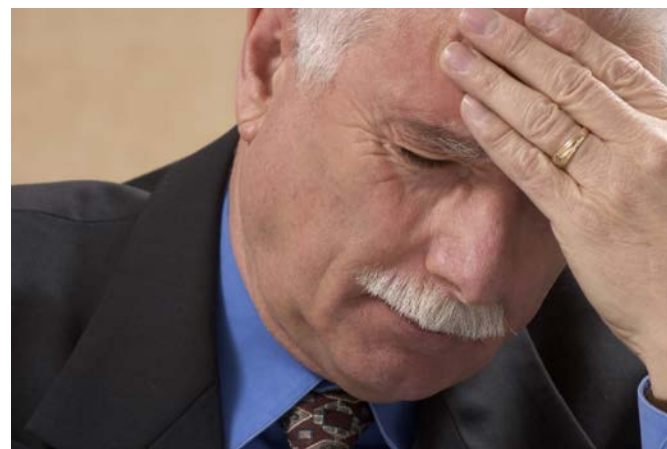
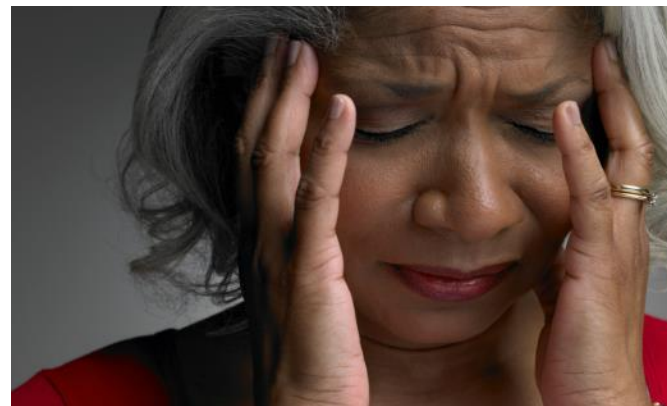
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# Symptoms of a Stroke

## Sudden:

- **Numbness** or weakness in the face, arm, or leg, especially on one side of the body
- **Confusion**, trouble speaking, or difficulty understanding speech
- **Trouble seeing** in one or both eyes
- **Trouble walking**, dizziness, loss of balance, or lack of coordination
- **Severe headache** with no known cause



Retrieved 3/01/2018 from [http://www.cdc.gov/Stroke/signs\\_symptoms.htm](http://www.cdc.gov/Stroke/signs_symptoms.htm)



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# Lifestyle Changes

- Eat foods low in sodium, cholesterol and saturated fat.
- Try to quit smoking.
- Be physically active at least 30-60 minutes a day.
- Learn ways to relax and reduce the effects of stress.



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# Warning Signs of a Stroke: How to Check

If you think someone is having a stroke, check on the following:

**F (Face)** : ask them to smile. Is one side droopy?

**A (Arms)** : ask them to raise their arms. Does one arm drift?

**S (Speech)** : ask them to say a few words. Is it slurred or does it sound strange?

**T (Time)** : call 911 immediately if you notice any of these symptoms!

# F.A.S.T

Retrieved 3/01/2018 from [http://www.cdc.gov/Stroke/signs\\_symptoms.htm](http://www.cdc.gov/Stroke/signs_symptoms.htm)



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# Risk Factors for Stroke

- Age
- Heredity
- Race-African Americans
- Sex-women have more than men
- Prior Stroke/ Heart Attack
- High Blood Pressure
- Smoking
- Diabetes
- Poor Diet
- High Cholesterol



# Physical Activity

- Reduce your risk for heart disease with physical activity! Physical activity helps to:
  - Control blood fats and cholesterol
  - Keep blood sugar normal
  - Manage weight and prevent weight gain
  - Lower blood pressure
  - Lower stress



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# Physical Activity will Reduce your Risk!

- ✓ Do a moderate-intense physical activity for at least 30 minutes most days of the week.
- ✓ You can even walk in two 15-minute segments or three 10-minute segments a day.
- ✓ Increase the intensity of your physical activity for even greater health benefits.
- ✓ Slowly increase the amount of time you are physically active.
- ✓ Use the “talk test”.



# What would Physical Activity Look Like to you?

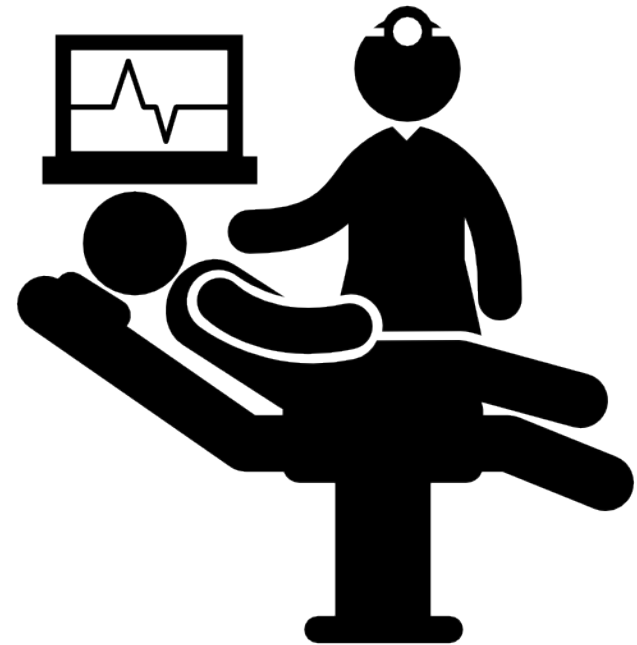


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# Be more physically active!

- Engaging in regular physical activity is associated with:
  - ✓ Taking less medicine
  - ✓ Having fewer hospital stays
  - ✓ Having fewer doctor visits
  - ✓ Feeling better overall



Retrieved 03/01/2018 from <http://www.cdc.gov/physicalactivity/>



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# DASH

## (Dietary Approaches to Stop Hypertension)

The **DASH** diet plan is designed to help people with high blood pressure:

- Lose weight and manage their weight
- Make low sodium food choices
- Eat foods rich in nutrients (potassium, magnesium, calcium) and fiber
- Lower blood pressure
- It has been found to lower LDL “lousy” cholesterol



Retrieved 3/01/2018 from <http://www.nhlbi.nih.gov/health/health-topics/topics/das>



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# DASH Eating Plan

- Rich in whole grains, vegetables, fruits, and fat-free or low-fat dairy products.
- Includes fish, poultry, and nuts.
- Low in lean red meat, sweets, and added sugars.
- Low in saturated fat, cholesterol, and total fat.



Retrieved 3/01/2018 from <http://www.nhlbi.nih.gov/health/health-topics/topics/das>



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# Sample DASH Diet Meal

- Dinner Mediterranean Cheick with Orzo Salad
  - 2 skinless, boneless chicken breasts
  - $\frac{3}{4}$  cup whole-wheat orzo
    - 2 cups thinly sliced baby spinach
    - 1 cup chopped cucumber
    - 2 tablespoons chopped Kalamata olives
    - 1 cup chopped tomato
    - $\frac{1}{4}$  cup chopped red onion
    - Lemon zest
  - Water or Sparkling water
- Dessert
  - Frozen fruit bar



Full recipe at <http://www.eatingwell.com/recipe/261766/mediterranean-chicken-with-orzo-salad/>



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# Commit to Quit

- Have a quit smoking plan:
  - ✓ Set a quit date and stick to it!
  - ✓ Talk to your doctor about aids to stop smoking.
  - ✓ Ask for help and support.



## 1-800-QUIT-NOW



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# Stress Management

- Take quiet time out for yourself to unwind from each day. Go into a room without noise and practice deep breathing.
- Time management may help to decrease the amount of stressful situations.
- Find activities you enjoy or family or friends to talk with as an outlet.



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# Summary

- ✓ Talk to your doctor regularly about your risk factors.
- ✓ Gain control over the habits you can control.
- ✓ Knowing the signs of heart attack and stroke can save a life.
- ✓ Ask your family and friends to support and join you in moving toward a healthier lifestyle.



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# Putting it All Together

Think of three things you learned today that you can do to keep your heart in shape and reduce your risk for heart disease.



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# Kaiser Permanente Today

## Strong momentum in web, mobility, policy, telehealth, innovation

kp.org

**76+ Million** total visits



**24+ Million**  
Lab results viewed online

**10+ Million**  
Emails to doctors

**8+ Million**  
Prescription refills

mobility

**65,000+** average daily visits



Percentage of visits to  
kp.org via mobile

**17+**  
million  
total visits to  
mobile  
kp.org



Every Body Walk -  
This app enables users to  
personalize walking plan,  
connect with walking  
communities, learn about the  
latest fitness trends and tips,  
and more.



Mobile Clinical Library  
iPhone and iPad

# KP.ORG: A HUB FOR MANAGING HEALTH

## ➤ Tools and resources for members

- ✓ Total Health Assessment
- ✓ Health and drug encyclopedias
- ✓ Symptom checker
- ✓ Healthy lifestyle programs
- ✓ Health videos
- ✓ Total Health Radio online radio show and podcast

The collage displays five different pages from the Kaiser Permanente website:

- Top Left:** A page titled "Check Your Symptoms" with a dropdown menu for "Check a symptom" and a list of symptoms including "Headache", "Stomach pain", "Cough", "Cold/flu", "Allergies", "Sore throat", "Nausea", "Vomiting", "Diarrhea", "Constipation", "Fever", "Rash", "Joint pain", "Muscle pain", "Dizziness", "Blurred vision", "Hearing loss", "Tinnitus", "Ear pain", "Eye pain", "Red eyes", "Swollen lymph nodes", "Swollen glands", "Swollen testicles", "Swollen breasts", "Swollen lymph nodes", "Swollen glands", "Swollen testicles", "Swollen breasts".
- Bottom Left:** A page titled "BMI calculators for adults and children" with a section for "Your child's body mass index" and a "Calculate your child's BMI" button.
- Top Center:** A page titled "Fat healthy Nourish your body" with a "Start a program today" button and a "My health manager" section.
- Bottom Center:** A page titled "How to form healthy habits Action plan for adults" with a video player showing a man speaking and a "Download a transcript of this material" link.
- Right Side:** A page titled "Tools and calculators" with a "BMI calculators for adults and children" section and a "Calculate your BMI" button.



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# Kaiser Permanente Resources

- Visit:
  - [kp.org/heart](http://kp.org/heart)
  - [kp.org/highbloodpressure](http://kp.org/highbloodpressure)
- Visit [kp.org/classes](http://kp.org/classes)
- Visit [kp.org/healthyliving](http://kp.org/healthyliving)
  - Get health advice and read about heart health in the Health Encyclopedia
  - Sign-up for a free, online personalized Healthy Lifestyles Program to help you manage your weight, quit smoking, manage stress, or improve your eating and physical activity habits
  - Use interactive health calculators



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# TOTAL HEALTH ASSESSMENT

*An interactive health awareness tool with built-in digital coaching solutions*

- Provided by Johnson & Johnson Health and Wellness Solutions
- Assesses Bio, Mind, Lifestyle, Body
- Assessment results generate next steps recommendations with built-in solutions
  - Skills and action steps that can help modify behaviors that may result in personal improvements
  - Include tips on healthy eating, exercise, or stress management
  - Optional healthy lifestyle interactive coaching programs



## **9 Healthy Lifestyles Programs**

- *Breathe - Tobacco Cessation*
- *Relax - Stress Management*
- *Balance - Weight Management*
- *Nourish - Healthy Eating*
- *Care for Your Back*
- *Care for Pain*
- *Care for Depression*
- *Care for Diabetes*
- *Dream® - Sleep Management*



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# Other Online Resources

## American Heart Association

- [www.americanheart.org](http://www.americanheart.org)

## Centers for Disease Control and Prevention (CDC)

- [www.cdc.gov/HealthyLiving/](http://www.cdc.gov/HealthyLiving/)

## US Health and Human Services (HHS)

- [www.hhs.gov](http://www.hhs.gov)

## National Heart, Lung, Blood Institute

- Find more information on the DASH diet
- [www.nhlbi.nih.gov/health/](http://www.nhlbi.nih.gov/health/)



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# Make the Call, Take the Call

The State of Maryland Wellness Program offers free confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



*Healthy weight*  
*Managing stress*  
*Physical activity*  
*Eating healthy*  
*Quitting tobacco*



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

# For a copy of this presentation

Please visit the State of Maryland Wellness website

<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>



The screenshot shows the homepage of the State of Maryland Wellness website. The header includes the Maryland logo, the text 'DEPARTMENT OF BUDGET AND MANAGEMENT HEALTH BENEFITS', and a search bar. A green navigation bar contains links for 'BENEFITS HOME', 'RETIREES', 'SLEOLA', 'WELLNESS', 'FORMS', 'POLICIES', and 'ASO CORNER'. The main content area is divided into three columns:

- Health Benefits:** A list of links including Medical Plans, Prescription Drug Coverage, Dental Coverage, Flexible Spending Accounts, Term Life Insurance AD&D, and Wellness Program.
- Wellness Program Information:** A central section with the heading 'Wellness Program Information' and a sub-heading 'Make the Call - Take the C...'. It features a graphic of a person surrounded by icons for a calendar, a laptop, a smartphone, and a tablet, connected by lines. Below the graphic is a video player showing a person on a phone.
- News and Updates:** A list of links including 'Wellness Program Success!!!', '2018 Spring Wellness Fair Schedule', and '2018 Wellness Activities'.

Below the 'Wellness Program Information' section, there is a 'Wellness Activities in 2018' section with a list of activities: '2018 Wellness Program "A" s', '2018 Wellness Program PCP Zero Copy and Special at Reduction Process', 'Medical Center Added Benefits (weight management reimbursement included)', and 'State's Health Risk Assessment'.

Or reach out to your wellness coordinator



# THANK YOU

*Who has the first question?*



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