

Keeping a Healthy Heart

Avoiding Heart Attack and Stroke
February 9th, 2017



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

About your instructor

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Agenda Slide

How does the heart work?

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

Are you at risk?

How to manage your cholesterol and high blood pressure.

Lifestyle changes to decrease risk.

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.

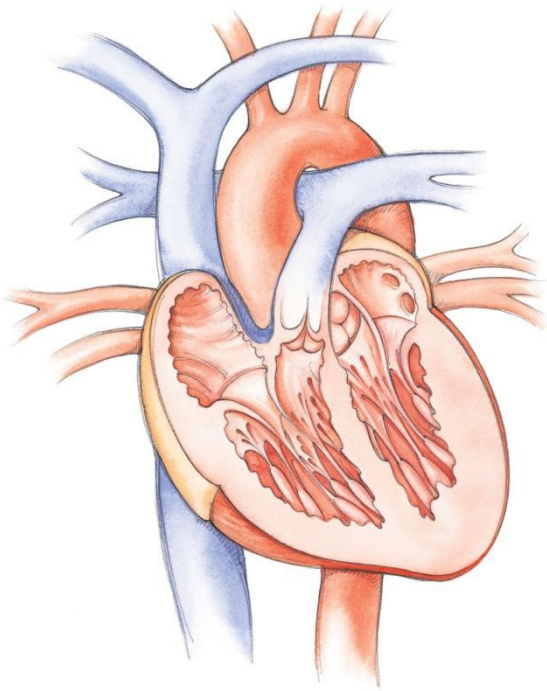


Food for Thought



“If I’d known I was going to live so long, I’d have taken better care of myself.”
~Leon Eldred

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 **a**way 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 #4 cause of death



Retrieved 2/4/15 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



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



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 2/4/15 from <http://www.womenshealth.gov/heart-health-stroke/index.html?from=AtoZ>

What is Cholesterol?

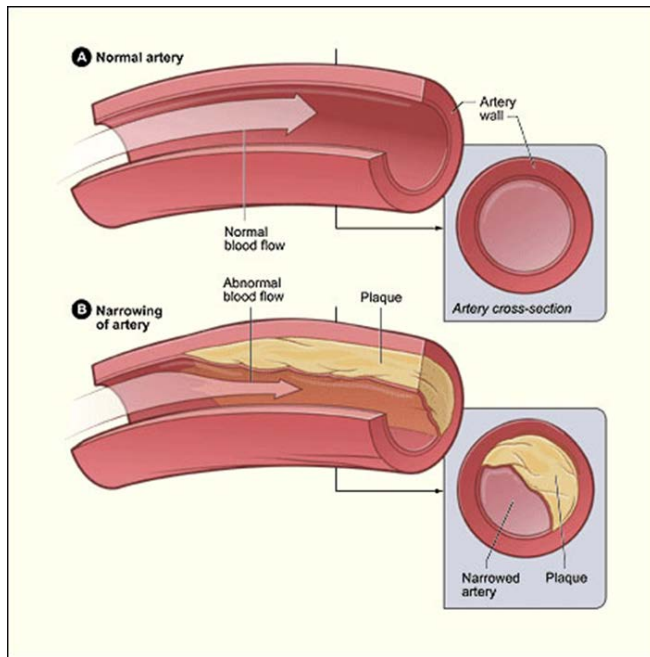
- Fat-like material made by the liver
- Too much cholesterol forms plaque in the arteries
 - Plaque can block the arteries and cause a heart attack
- Get a blood test to know your cholesterol numbers



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.

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.

Heart Risk Score

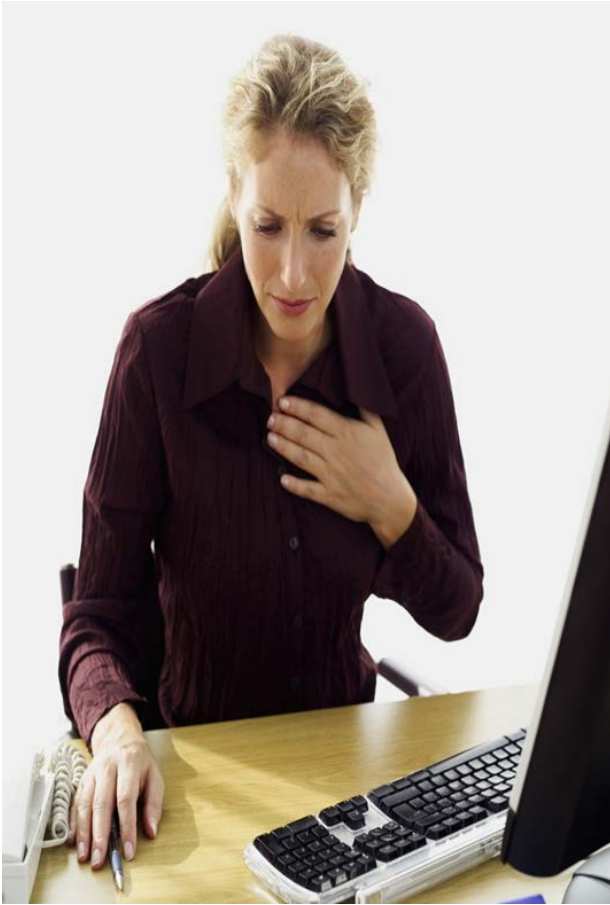
- The Heart Risk Score estimates your risk of developing heart disease as a result of the hardening of the arteries over the next 10 years.
- It is calculated using these factors
 - Your age
 - Your last total cholesterol result
 - Your last HDL cholesterol result
 - Your last Systolic blood pressure
 - You are on hypertension treatment
 - Your smoking status
 - Your gender
 - Your race
 - Your diabetes status

What does my Heart Risk Score Mean?

- A score of:
 - 5 or less: You are at low risk
 - 5 or more to 7.4: You are moderate risk
 - 7.4 or more: You are at high risk




Warning Signs of Heart Attack



- You may be having a heart attack if you feel these symptoms:
 - Chest discomfort
 - Discomfort in other parts of the body (arms or shoulders)
 - Shortness of breath
 - Other signs (nausea, cold sweat, light-headedness)

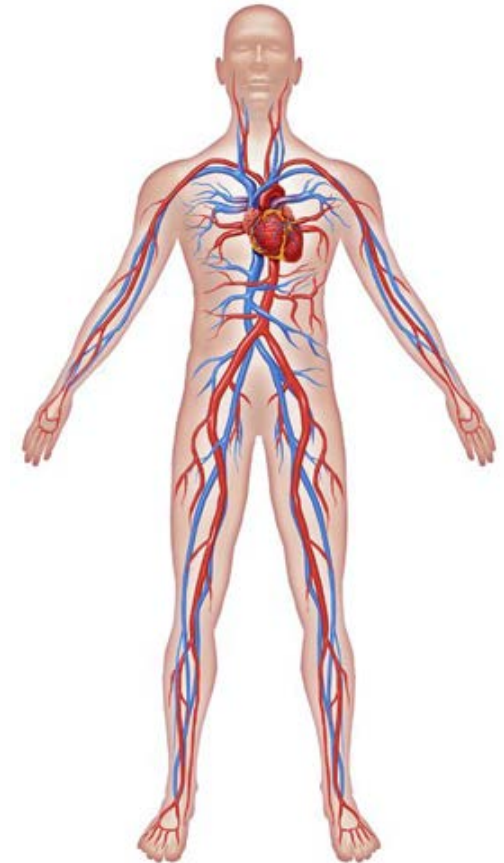
Call 911 immediately if you have these symptoms.

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.



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 2/4/15 from <http://www.cdc.gov/bloodpressure/measure.htm>

What is a Stroke?

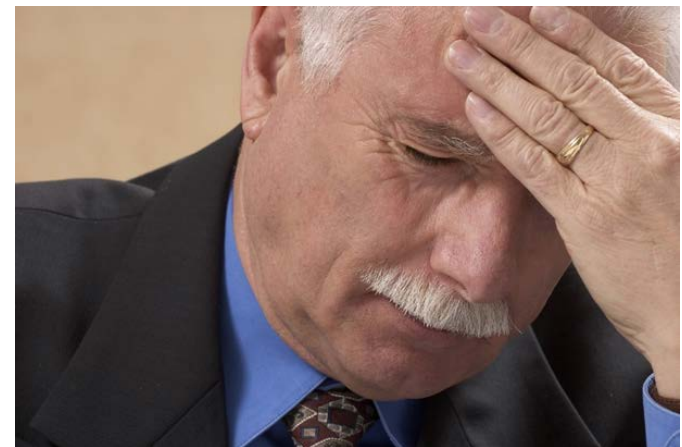
- A stroke occurs when blood flow to the brain is cut off. This is caused by:
 - a blood clot blocking the artery (ischemic).
 - a broken blood vessel (hemorrhagic) .
 - temporary clot (transient ischemic attack).
- Brain cells begin to die, leading to brain damage .
- Temporary or permanent loss of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



Retrieved from <http://mashable.com/2013/04/02/obama-brain/>

Symptoms of a Stroke

- Sudden
 - Numbness/weakness of face, arm, or leg
 - Confusion, problems speaking, or understanding
 - Trouble seeing in one or both eyes
 - Trouble with walking, balance, or dizziness
 - Severe headache and no cause



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!



Retrieved 2/4/15 from http://www.cdc.gov/Stroke/signs_symptoms.htm

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

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.

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



Physical Activity will Reduce your Risk!

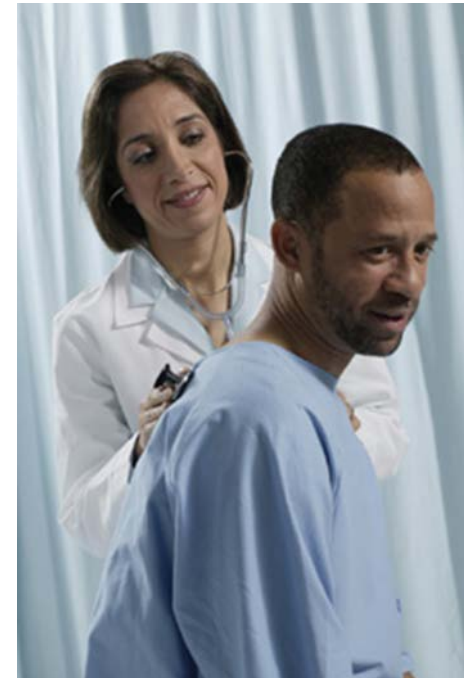
- Do a moderate-intense physical activity for at least 30 minutes most days of the week.
- You can even walk in two 15-minute segments or three 10-minute segments a day.
- Increase the intensity of your physical activity for even greater health benefits.
- Slowly increase the amount of time you are physically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

What would Physical Activity Look Like to you?



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 2/4/15 from <http://www.cdc.gov/physicalactivity/>

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 2/4/15 from <http://www.nhlbi.nih.gov/health/health-topics/topics/das>

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.



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



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.



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.



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.



Kaiser Permanente Resources

- Visit:
 - kp.org/heart
 - kp.org/highbloodpressure
- Visit kp.org/classes
- Visit 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

Wellness Coaching by Phone



Telephone appointments

1-866-862-4295

Monday through Friday, 7 a.m. to 8 p.m.

– Topics

- Healthy Weight
- Managing Stress
- Physical Activity
- Eating Healthy
- Quitting Tobacco

Available to all Kaiser Permanente adult members.

Other Online Resources

- American Heart Association
 - www.americanheart.org
- Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov/HealthyLiving/
- US Health and Human Services (HHS)
 - www.hhs.gov
- National Heart, Lung, Blood Institute
 - Find more information on the DASH diet
 - www.nhlbi.nih.gov/health/

THANK YOU!!!

Who has the first question?

