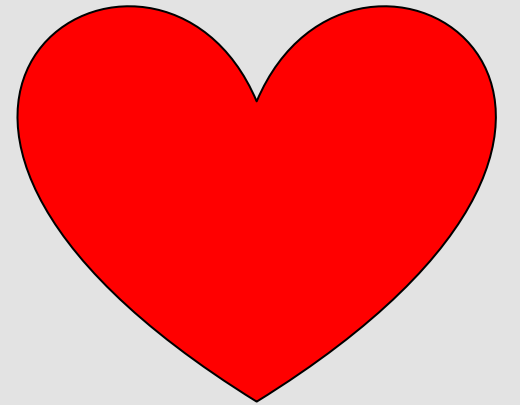
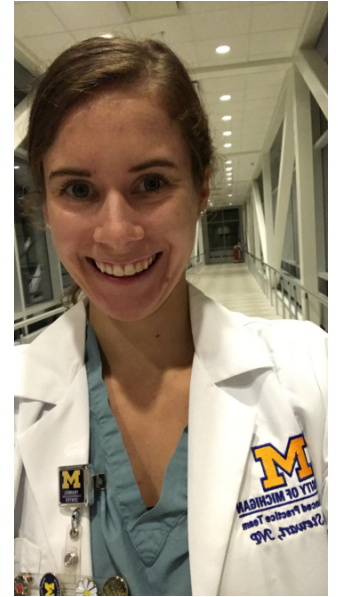


Living a Heart Healthy Life

Eleanor Stewart, MSN, RN, AGACNP-BC



What are
YOU
grateful
for?



So. What exactly is heart disease anyway?

MI CAD High blood pressure Cardiomyopathy
murmur Coronary artery disease
atherosclerosis
Atrial fibrillation Heart defect you were born with Myocardial infarction
Heart attack Heart rhythm problem AAA
arrhythmias hyperlipidemia
High "bad" cholesterol Valvular disease dysrhythmia
Aneurysm
Cardiovascular disease Atrial flutter
hypertension Congenital heart defect Ischemia

February is American Heart Month

Why do we care?

- Heart disease is the leading cause of death for men and women in the United States
- About 600,000 Americans die from heart disease every year
- About half of all American adults have at least 1 of the 3 major risk factors for heart disease- high blood pressure, high cholesterol, or smoking



**American
Heart
Association®**

February is American Heart Month



1 MILLION

PEOPLE WHO WILL HAVE
A HEART ATTACK OR DIE
FROM CORONARY HEART
DISEASE THIS YEAR



**16.5
MILLION**

AMERICANS AGE 20 AND
OLDER WHO ARE LIVING
WITH CORONARY HEART
DISEASE

795,000

PEOPLE WHO WILL
HAVE A STROKE
THIS YEAR



356,000

CARDIAC ARRESTS THAT
OCCUR OUTSIDE A HOSPITAL
EACH YEAR



HARD NUMBERS

By AMERICAN HEART ASSOCIATION NEWS

A sampling of U.S. data from the
American Heart Association's 2018
heart disease and stroke statistics report.



103 MILLION

ADULTS WITH HIGH
BLOOD PRESSURE

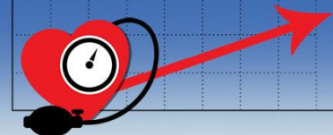


6.5 MILLION

AMERICANS AGE 20 AND
OLDER WHO ARE LIVING
WITH HEART FAILURE

38 PERCENT

RISE IN THE NUMBER OF HIGH
BLOOD PRESSURE DEATHS
BETWEEN 2005 AND 2015



23 MILLION

ADULTS WITH
**TYPE 2
DIABETES**

15 PERCENT

ADULTS WHO
SMOKED IN
2015



56 MILLION

PEOPLE 40 AND OLDER
WHO ARE ELIGIBLE FOR
CHOLESTEROL-LOWERING
STATINS



38 PERCENT

ADULTS WHO
WERE OBESE
AS OF 2014



Source: "Heart Disease and Stroke Statistics-
2018 Update: A Report from the American Heart Association," *Circulation* (numbers rounded)

Published Jan. 31, 2018

High Blood Pressure

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Signs: It is a silent disease. No major signs or symptoms.

[AHA Blood Pressure Tracker](#)

Ways to Lower Blood Pressure

- Eat a well-balanced diet
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Quit Smoking
- Limit Alcohol



High Cholesterol

What is it?

- Waxy substance that makes up the fats (lipids) in our body needed for cellular development and function
- Our liver produce all the cholesterol we need

Causes:

- Inherited
- More often result of unhealthy lifestyle choices

Symptoms:

- None- Only detected via a blood draw

Risk Factors:

- Poor diet
- Obesity- BMI > 30
- Large waist circumference
- Lack of exercise
- Smoking
- Diabetes

Lipid Panel Levels:

- Total cholesterol: ≤ 200 mg/dl
 - Triglycerides: ≤ 150 mg/dl
 - LDL: ≤ 100 mg/dl
 - HDLs: ≥ 60 mg/dl

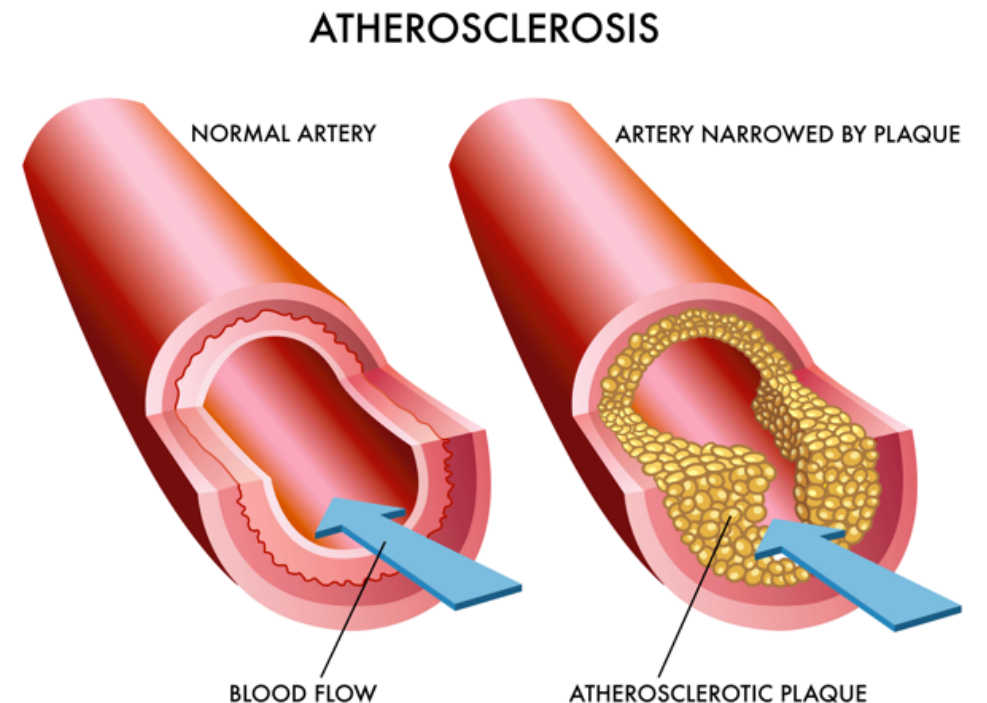
Lowering your Cholesterol

Decrease saturated and trans fat in your diet:

- Diet high in fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts
- Limit red meat and sugary foods and beverages
- Use naturally occurring vegetable oils

Why?

- Most heart attacks and strokes occur due to a blocked artery due to atherosclerosis



Treating High Cholesterol

Heart healthy lifestyle habits are the foundation

- 10 year atherosclerotic cardiovascular disease (ASCVD) risk

Low dose/baby aspirin (81 mg daily)

- Why? Per AHA recommendations to prevent blood clots from forming in people who are at high risk of heart attack or stroke

Statin Therapy: Blocks the substance your liver needs to make cholesterol. Also known as HMG-CoA reductase inhibitors

- Examples: Atorvastatin (Lipitor), pravastatin (Pravachol), rosuvastatin (Crestor), simvastatin (Zocor)
- Side Effects: Muscle pain/damage, Liver damage, increases in blood sugar, neurological side effects: memory loss or confusion, and interaction with grapefruit and other meds

Warning Signs

Heart Attack:

- 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

Stroke:

- Facial droop
- Arm weakness
- Speech difficulty
- Time to call 911
- 80% of strokes are preventable



Together
to End Stroke™

What About Diabetes?

- 1 in 3 Americans have higher than normal blood sugars aka “prediabetes”
- 9 out of 10 people with prediabetes do not know they have it
- Prediabetes increases your risk of type 2 diabetes, heart disease, and stroke
- Without weight loss and moderate physical activity, 15-20% of people with prediabetes will develop diabetes in the next 5 years

[Quick quiz to see if you have prediabetes](#)

Importance of Physical Activity

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **At least 5 days** per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **At least 3 days** per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity **At least 2 days** per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4 days** per week

- Moderate-Intensity aerobic activities
- Vigorous aerobic activities
- Muscle strengthening activities

Incorporate Exercise into your Daily Life

- Make activity a part of your daily life!
 - Park at the back of the parking lot
 - Get up and move every hour
 - Go for a walk during lunch
- Plan activity at the beginning of your week. Put it on your calendar just like you would a meeting.
- Work out before work or before you come home in the evenings
- Find a workout buddy

Vegetables and Fruits

Vegetables: 2.5 cups per day

- 5 subgroups: dark green, red and orange, legumes, starchy, and other
- Dietary fiber, potassium vitamins A, C, K, E, B6, copper, magnesium, folate, iron, manganese, thiamin, niacin
- Fresh, frozen, canned, dried, and juices



Fruits: 2 cups per day

- Whole fruits including fresh, canned, frozen, and dried and 100% fruit juices
- Dietary fiber, potassium, vitamin C



Grains: Not all Carbs are Bad!

Grains: 6 ounces per day with at least half being whole grains (130 grams/day)

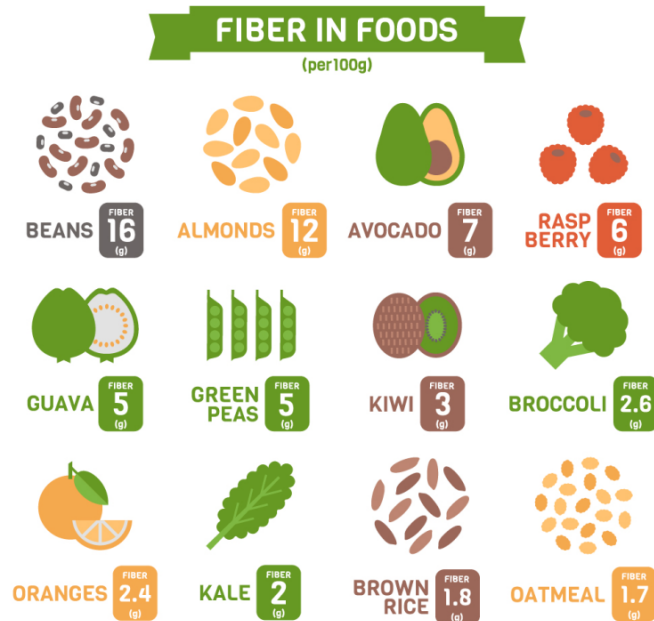
- Whole grains: brown rice, quinoa, oats
- Refined grains: bran and germ removed which removes dietary fiber, iron and other nutrients
- Dietary fiber, iron, zinc, manganese, folate, magnesium, copper, thiamin, niacin, B6, phosphorus, riboflavin, vitamin A



Importance of Fiber

What is Fiber?

- A carbohydrate found in plants that your body cannot digest
- Recommendations: at least 25 grams of fiber daily
- Why? Fiber reduces the risk of heart disease, high cholesterol, diabetes, stroke, obesity, and certain types of cancers



A diet high in fiber may help decrease the risk of heart disease, obesity and diabetes, and have been linked to a lower incidence of some types of cancer.

Soluble Fiber:

Oats
barley
beans
fruit
nuts

Insoluble Fiber:

Vegetables
fruit
whole grains
nuts
seeds

Benefits of Fiber



- Slows digestion making you feel full longer
- Lowers blood sugar levels
- Lowers blood cholesterol levels
- Dilutes harmful substances in the colon
- Prevents constipation

Dairy and Meat Intake

Dairy:

- Fat-free and low-Fat (1%) dairy
 - Same nutrients, but less saturated fat and sodium than other options
 - Fortified soymilk
- 3 cups per day for adults
- Calcium, phosphorus, vitamin A, D, B12, protein, potassium

Protein:

- Animal and plant sources- fish and chicken
- 5.5 oz of protein per day
- Males: 56 grams/day; females: 46 grams/day
- protein, B vitamins, zinc, copper, vitamin D and E
- Limit red meat
- Avoid processed meats

Sleep Hygiene

CDC Recommendations:

- adults 18-60: 7 or more hours per night
- 61-64 years old: 7-9 hours
- 65 years and older: 7-8 hours

[Sleep Hygiene of
Adults in Michigan](#)

Good Sleep Habits:

- Be consistent
- Make your bedroom quiet, dark, relaxing, and a comfortable temperature
- Remove electronics
- Avoid large meals, caffeine, and alcohol before bedtime
- Get exercise!
- Use your bed for sleep and sex only
- Don't go to bed unless you are sleepy
- Establish a relaxing bedtime routine
- If you don't fall asleep after 20 minutes, get out of bed

Stress Management

Connection of stress and heart disease



- Stress Inventory
- Modifiable Stressors
- Stress Reduction-
meditation & yoga

Negative Effects of Stress:

- high blood pressure, smoking, physical inactivity, overeating, drinking too much alcohol
- Can lead to headaches, back strain, stomach pains, fatigue, irregular sleep patterns
- Activates the fight or flight response

AHA's Washtenaw County Heart Walk 2018

05 MAY

AMERICAN HEART ASSOCIATION'S
HEART WALK
WASHTENAW COUNTY
HEART HERO 5K

SATURDAY, MAY 5, 2018
Eastern Michigan University

8:30 a.m. Timed 5K Run
9:00 a.m. Activities/Festivities Begin
11:00 a.m. Heart Walk Begins
Free to Walk! | Timed 5K Run: \$35

FEATURING:
Kid Fun Zone | Entertainment
Refreshments | Free Health Screenings

POW!
Fundraise and Earn a Super Hero Cape!
- RED (Raise \$250)
- SILVER (Raise \$500)
- GOLD (Raise \$1,000)

Dogs Welcome!
Family Fun!
Raise lifesaving funds!
Wear a Super Hero Costume!

ZAP!

To register, visit: washtenawheartwalk.org

Amy Hoyes
[Amy.Hoyes@heart.org](mailto:amy.hoyes@heart.org)
919-302-2937

American Heart Association
It's why™
2017 AHA's Prevention Heart Foundation
Maximize the Heart Fund.

Heart Walk
Sponsored in part by:
NuStep
mckinley
LIVE WORK SHOP PLAY

SAINT JOSEPH MERCY HEALTH SYSTEM
FRANKLIN CARDIAC CENTER

[Sign up here!](http://washtenawheartwalk.org)

Resources

- Centers for Disease Control and Prevention (CDC)
- American Heart Association (AHA)
- Mayo Clinic
- American College of Cardiology
- National Institute of Health: Office of Dietary Supplements
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.