

Care
comes first.

Don't Break My Heart

Taking steps to reduce the risks of cardiovascular disease

Presented by:

James Riley, MD

Family Practice



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What we will cover today

- What cardiovascular disease is and why it is important to know your risk
- Risk factors
- Steps you can take on the road to heart health



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The Statistics

- Heart disease is the leading cause of death of American women
- 8,000,000 American women are currently living with heart disease
- 435,000 American women have heart attacks each year; average age 70.4
- Women are more likely than men to have a heart attack without chest pain

Statistics compiled from: National Center on Health Statistics; National Heart, Lung and Blood Institute; and American Heart Association's 2006 Heart and Stroke Statistical Update.



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Women do not have heart attacks.

Estrogen protects us.

... a common misperception!



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Research on Women and Heart Disease

- Although heart disease causes more than 250,000 deaths in women each year, much of the research on heart disease in the last two decades has either included very few or excluded women completely
- As a result, many of the tests and therapies used to treat women for heart disease are based on studies conducted predominantly in men



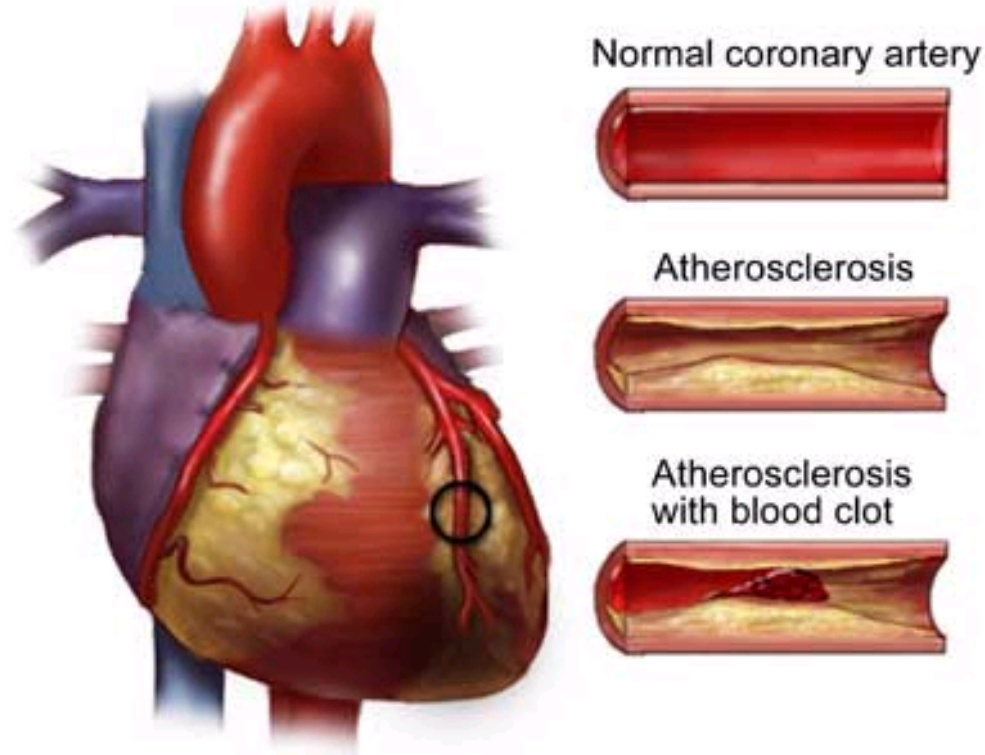
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What is Cardiovascular Disease?



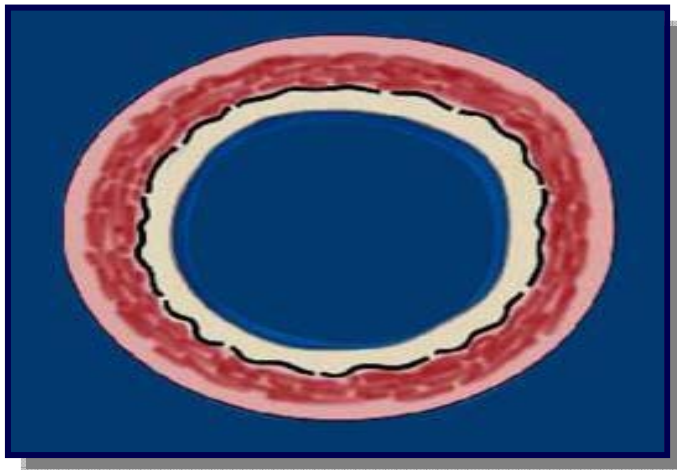
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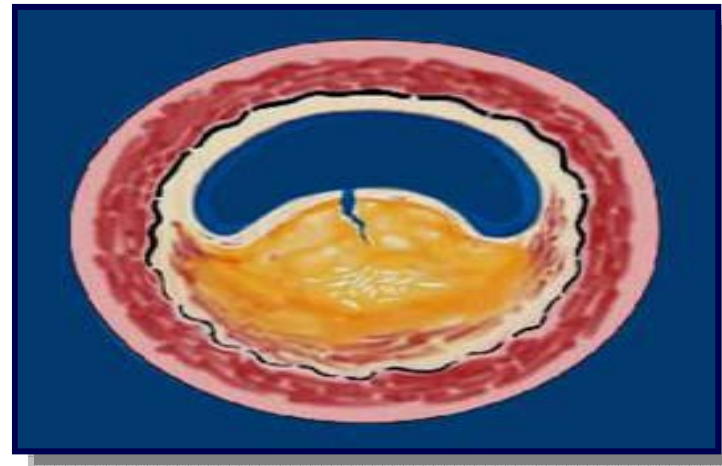


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Atherosclerotic Changes



Normal Artery



Diseased Artery



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Heart Attack Warning Signs

- Pressure, burning, tight sensation in chest, back, shoulders, neck, or jaw
- Weakness, dizziness, fainting
- Indigestion or fullness
- Sweating
- Pale or gray color to skin
- Shortness of breath
- Rapid or irregular heartbeat
- Denial



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What Are Your Risk Factors?

You can change:

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Overweight
- High stress
- Sedentary lifestyle
- Excessive alcohol intake

You can't change:

- Age
- Gender
- Family history



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High Blood Pressure – The Silent Killer

- Nearly 1 in 3 adults have high blood pressure
- After age 45, women have a higher incidence of high blood pressure than men
- 15% of people with high blood pressure are not receiving any form of treatment
- Blood pressure should be less than 120/80

Statistical Source: Heart Disease and Stroke Statistics – 2006 Update



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Cholesterol

- Total Cholesterol
 - Less than 200
- HDL-Cholesterol
 - Greater than 40 (men)
 - Greater than 50 (women)
 - Greater than 60 protects your heart from disease
- LDL-Cholesterol
 - Less than 100-160
 - Less than 70-100 if known cardiovascular disease or diabetes



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Diabetes

- At any given cholesterol level, diabetics have a **2-3 times** higher risk of heart attack or stroke
- A woman with diabetes is **2-4 times** more likely to have and die of a heart attack than a non-diabetic
- Risk of sudden death from a heart attack for a diabetic is **the same as** that of someone who has already had a heart attack



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Being Overweight

- Makes your heart work harder
- Increases your risk of developing diabetes
- Increases your risk of high blood pressure
- Definitions of overweight:
 - Body Mass Index (BMI)
 - BMI > 25 = Overweight
 - BMI > 30 = Obese
 - Waist Circumference (figure ½ of your height)
 - > 35 inches women
 - > 40 inches men



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Weight in Pounds

Height in Feet and Inches

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4' 2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4' 4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4' 6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4' 8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4' 10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5' 2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5' 4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5' 6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5' 8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5' 10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6' 2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6' 4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6' 6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6' 8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6' 10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

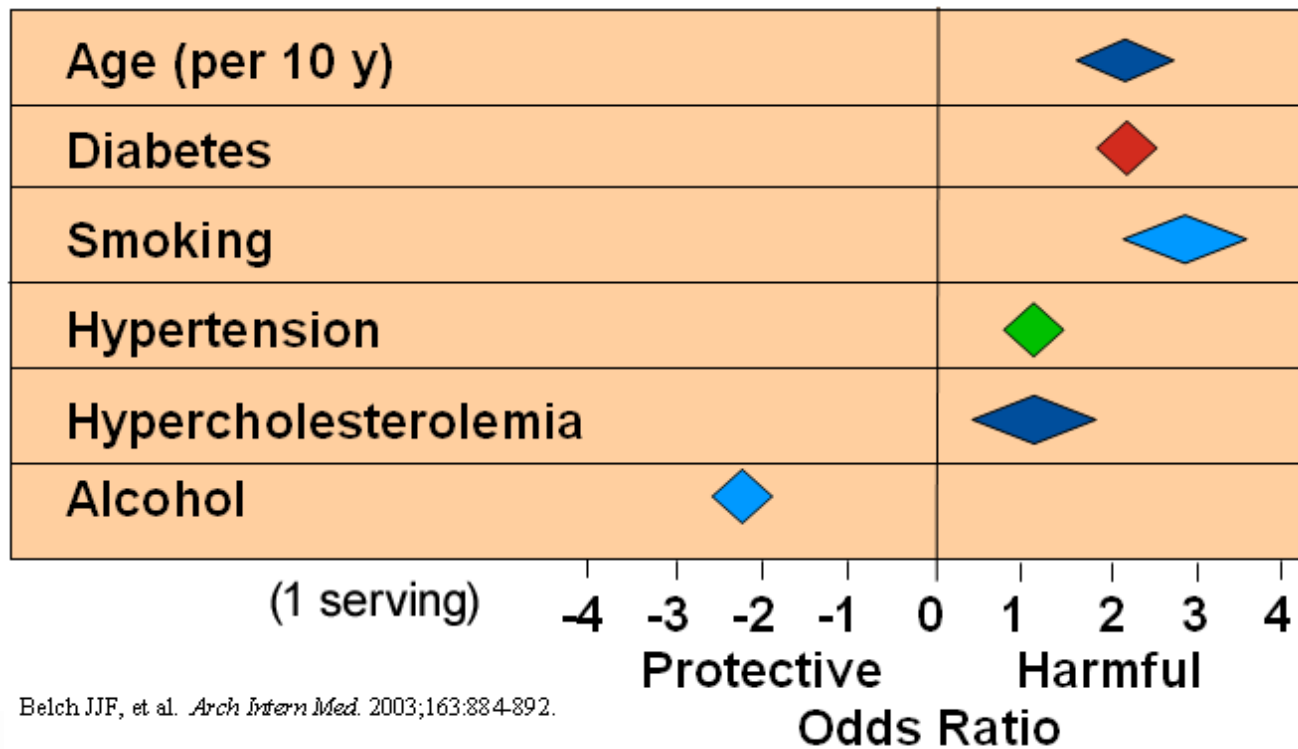
<http://www.freebmi-calculator.net>

Underweight
 Normal
 Overweight
 Obesity



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Risk Factors



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Mars vs. Venus



***When it comes to cardiovascular disease,
Women and Men ARE Different***



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Statistics

- 42% of women who have a heart attack die within one year compared to 24% of men
- Women tend to get heart disease about 10 years later than men and are more likely to have coexisting chronic illnesses
- Research also shows that women may not be diagnosed or treated as aggressively as men, and their symptoms may be very different from those of men having a heart attack



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Symptoms in Men vs. Women

Men

- Chest pain
- Shortness of breath
- Sweating
- Pain in one or both arms
- Jaw pain

Women

- Back pain
- Nausea/vomiting
- Fatigue
- Indigestion
- Dizziness
- Lightheadedness



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Common Pre-Heart Attack Symptoms in Women

- Unusual fatigue
- Sleep disturbances
- Shortness of breath
- Chest pain
- Indigestion
- Anxiety
- Pain in the upper back or shoulder blades

Source: Journal of Cardiovascular Nursing 2001



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Why is recognizing symptoms important?

- Lifesaving heart attack treatment (clot busting medication or balloon angioplasty) works best if given within the first hour after a heart attack begins
- Many patients wait up to 2 hours before seeking medical attention, which can result in death or long lasting heart damage



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Preventing Heart Disease

Rule #1 - Look Before You Eat

- Choose non-fat or low-fat products
 - Select meats that are lower in fat
 - Chicken
 - Fish
 - Lean Cuts
 - Switch to fat-free milk or toned/skim milk



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Preventing Heart Disease

Rule #2 - Exercise

- Maintain a level of physical activity that keeps you fit and matches the calories you eat
- Serves several functions in preventing and treating those at high risk
- Reduces incidence of obesity
- Increases HDL while lowering LDL and total cholesterol
- Helps control diabetes and hypertension



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Exercise, Exercise, Exercise

- Regular exercise can halve the risk of heart disease
- Someone who is inactive **has as great a risk** of having heart disease as someone who smokes, has high blood pressure or high cholesterol
- Exercise significantly reduces the chances of diabetes and stroke
- With regular exercise, blood pressure in those with hypertension is reduced by as much as 20mms Hg



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What Else Can You Do

- Tell your doctor if you think you are experiencing any symptoms suggestive of heart disease
- Take care of yourself and minimize your controllable risk factors
- Have an open mind regarding research trials
- **Be Persistent!**



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References

- **US Preventive Services Task Force; Guide to Clinical Preventive Services, Coronary Heart Disease prevention, 2006-2007**
- **www.uptodate.com Coronary Heart Disease prevention**
- **American Academy of Family Physicians; Guide to Adult Preventive Care**
- **American Lung Association; Smoking cessation**
- **For more information, visit the American Heart Association Web site at <http://americanheart.org>**



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