

ease @ work

Risk Factors of Heart Attacks and Stroke

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the Expert

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Outline

- Learn risk factors of heart attack and stroke
- Understand the impact cholesterol has on your heart
- Learn how to reduce bad cholesterol and raise good cholesterol
- Explore lifestyle choices and how they affect your overall health

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Heart Attack and Stroke Causes: High Blood Pressure

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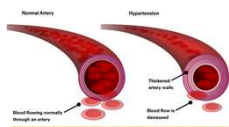
What is blood pressure?

Blood pressure:

- The force of blood pushing against the walls of the arteries as your heart pumps blood

High blood pressure:

- Force is too high and can damage your blood vessels or other body systems



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What is blood pressure?

- Systolic: when the heart beats while pumping blood
- Diastolic: when the heart is at rest between beats

BP= Systolic/diastolic



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High Blood Pressure

This chart reflects blood pressure categories defined by the American Heart Association.

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110



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Blood Pressure Goals

- <60 years old: <140/90
- >60 years old: <150/90
- Those with diabetes or chronic kidney disease, regardless of age: <140/90

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Heart Attack and Stroke Causes: High Cholesterol

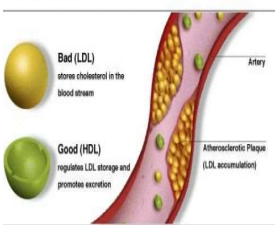



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What is Cholesterol?

- Cholesterol= waxy substance that comes from your body and your food
- HDL= "good" cholesterol
- LDL= "bad" cholesterol
- LDL can form plaque on inside of blood vessels, narrowing them

Bad vs. Good Cholesterol





Bad (LDL)
stores cholesterol in the blood stream

Good (HDL)
regulates LDL storage and promotes excretion

Artery



Atherosclerotic Plaque (LDL accumulation)

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High Cholesterol

Total Cholesterol	Under 200	Desirable
	200 - 239	Borderline High
	Over 240	High
HDL Cholesterol The GOOD kind	Over 60	Optimal
	Under 40	Low for Men
LDL Cholesterol The BAD kind - a lower number is better	Under 50	Low for Women
	Under 70	Optimal for those with heart or blood vessel disease
	Under 100	Optimal (also for diabetes & those with risk factors for heart disease)
	100 - 129	Near Optimal
	130 - 159	Borderline High
Triglycerides	160 - 189	High
	Over 190	Very High
	Under 150	Normal
	150 - 199	Borderline High
	200 - 499	High
	Over 500	Very High

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Risk Factors for Heart Attack and Stroke


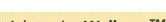



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Risk Factors for Heart Attack and Stroke

- High cholesterol
- Smoking
- Obesity
- Physical inactivity
- High blood pressure
- Diabetes
- Family history
- Stress
- Illegal drug use
- Age (men 45 or older, women 55 or older)

What are YOUR risk factors?

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ASCVD Risk

- ASCVD= Atherosclerotic cardiovascular disease
- Risk factors
 - Gender, cholesterol levels, age, race, blood pressure, high blood pressure diagnosis, diabetes diagnosis, smoker
- Calculate risk for heart attack and stroke if between 40 and 79 years old
- If > 7.5%, at INCREASED risk of heart attack and stroke!

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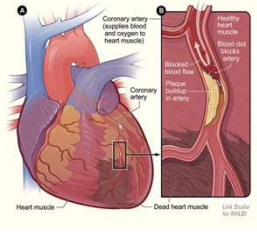
Consequences: Heart Attack

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What is a Heart Attack?

- Plaque can rupture and cause a blood clot to form and block the artery
- Flow of blood to the heart is blocked
- Part of the heart muscle can be damaged or destroyed



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How Do I know I'm Having a Heart Attack?

common in men & women

- ▶ Crushing chest pain
- ▶ Cold and profuse sweating
- ▶ Nausea
- ▶ Pain radiating to neck or left arm
- ▶ Sudden onset of symptoms

common in women

- ▶ Profound sense of fatigue
- ▶ Shortness of breath
- ▶ Flu-like discomfort
- ▶ Feeling of indigestion, heartburn
- ▶ Symptoms for a number of days

heart attack symptoms

Source: Susan Butler, RN, Women's Heart Health coordinator, Wake Forest Baptist Health

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What Do I Do if I'm Having a Heart Attack?

- Call 911 IMMEDIATELY
- If prescribed to you by a doctor, take nitroglycerin as instructed while waiting for help
- Take aspirin if recommended by emergency medical personnel

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Heart Attack Complications

- Abnormal heart rhythms
- Heart failure
- Heart rupture
- Valve problems
- Kidney problems
- Neurological problems
- Vision problems

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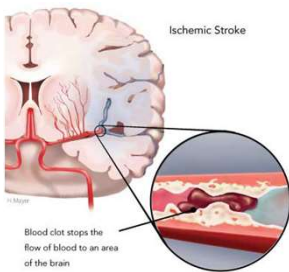
Consequences: Stroke




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What is a Stroke?



- Blood supply to part of the brain is blocked or severely reduced
- Brain cells begin to die without oxygen and nutrients




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How Do I Know I'm Having A Stroke?


- Trouble speaking or understanding
- Paralysis or numbness of the face, arm, or leg
- Trouble seeing in one or both eyes
- Headache
- Trouble walking

Spot a Stroke



FAST

FACE Drooping ARM Weakness SPEECH Difficulty TIME To Call 911




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What Do I Do if I'm Having a Stroke?

- Call 911 IMMEDIATELY
- Note the **exact** time you started to experience symptoms
 - The longer the symptoms last, the more possible brain damage




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Stroke Complications

- Paralysis or loss of muscle movement
- Difficulty talking or swallowing
- Memory loss or thinking difficulties
- Emotional problems
- Pain, numbness or other strange sensations
- Changes in behavior and self care ability



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Prevention




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How to Decrease Risk


- Dietary changes
- Increase exercise
- Quitting smoking and avoiding second hand smoke
- Limit alcohol intake



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Types of Exercise

<p>Low impact:</p> <ul style="list-style-type: none"> Walking Gardening Swimming Golfing 	<p>Moderate Impact:</p> <ul style="list-style-type: none"> Light jogging Biking Playing sports Dancing Hiking <p>High Impact:</p> <ul style="list-style-type: none"> Running Plyometrics, etc.
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Diet and Lifestyle Change


- Know your caloric intake to maintain your current weight.
- Track your calories/food intake
- Perform physical activity to account for the calories you are taking in
 - Aim for 30 minutes a day 5 days a week.



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Dietary Changes

- Decrease saturated fat (<13g/day)- red meat, poultry, full fat dairy products
- Decrease/eliminate trans fat- commercially prepared baked foods, snack foods, processed foods,
- Limit total daily cholesterol intake (<200mg)






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Dietary Changes

- Increase “healthy fats”- fish, canola oil, olives, avocados, seeds, nuts
- Increase soluble fiber- oatmeal, nuts, beans, apples, blueberries
- Decrease sugar intake
- Decrease alcohol intake
 - Men: 2 drinks per day
 - Females: 1 drink per day





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What to Consume

<p>What to Eat:</p> <ul style="list-style-type: none"> • Fresh/frozen fruits/vegetables (check with Dr first if on certain medications) • Whole grains • Flax seeds • Lean protein, low fat dairy • Fish • Legumes 	<p>Foods to Limit/Avoid:</p> <ul style="list-style-type: none"> • White bread products • Sweets/desserts • Corn products • Limit daily fat intake • Salt- If you have heart failure, watch potassium in salt substitutes! • Sugary beverages
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Controlling Your Diet

How Much You Eat:	What You Eat:
<ul style="list-style-type: none">•Controlling portion sizes•Taking time to eat•Look at serving size	<ul style="list-style-type: none">•Low calorie, nutrient dense foods•Small amounts of high calorie, high-fat, high-salt foods•More fruits and vegetables•Less meats/cheese/snack foods

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Take Home Points

- Understand how high blood pressure and high cholesterol can increase your risk of heart attack and stroke
- Know your risk factors and what you can do to control them
- Control diet and lifestyle to keep lifetime ASCVD risk low

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Contact ease@work to schedule with a Fitness or Nutrition Coach:

216-241-3273 / 800-521-3273

www.easeatwork.com

Username: City of Cleveland
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