



Healthy Churches 2020



A Matter of the Heart

A CLOSER LOOK AT HEART DISEASE,
REDUCING RISK, AND PREVENTION



Overview



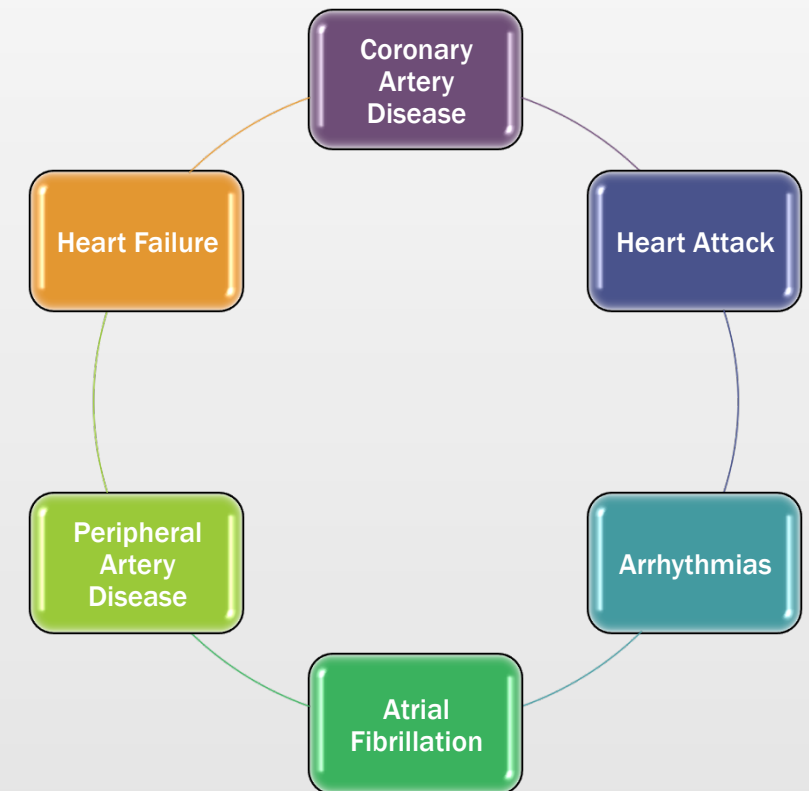
- What is Heart Disease?
- Understanding your risk factors
- Ways to reduce your risk and prevent heart disease and other health conditions
- Educating yourself and others



Heart Disease: What is Heart Disease?



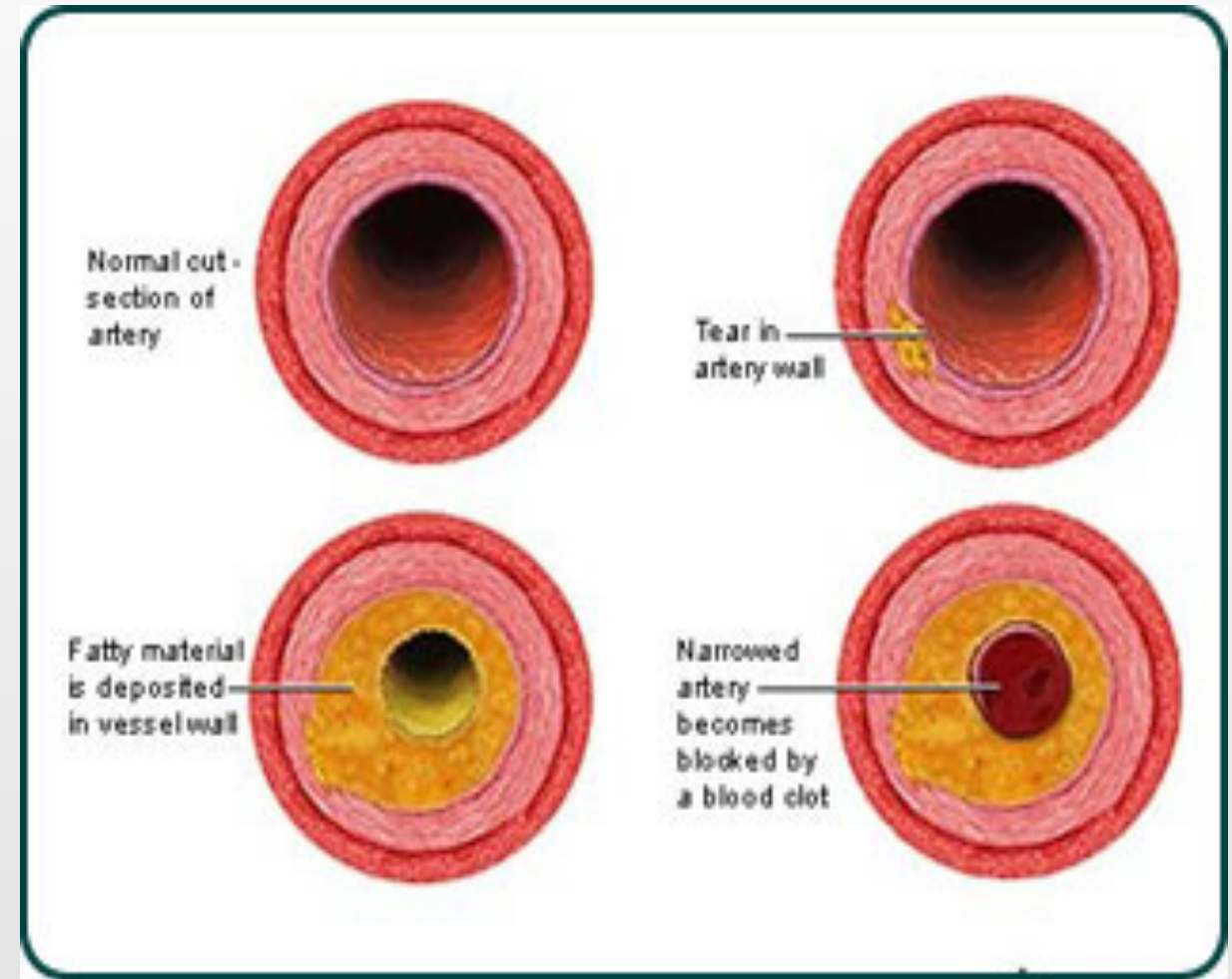
- Heart disease is an actual term that refers to several kinds of heart conditions
- In 2010, heart disease was the leading cause of death among adults in the United States
- African-Americans are disproportionately impacted by heart disease and complications
- Coronary Artery Disease (CAD) is the most common type of heart disease accounting for more than 80% of all diagnosed heart conditions



Heart Disease: Coronary Artery Disease



- Caused by the build up of plaque (cholesterol) in the arteries
- Overtime, the build up, called atherosclerosis, leads to narrowing of the artery
- Development of coronary artery disease (CAD) can result in a heart attack if arteries become completely blocked





Heart Disease: Signs and Symptoms

- Early detection and Risk reduction are key
- According to CDC, survey showed that 92% of persons with heart disease recognized chest pain as an early sign of heart disease, only 27% knew of other major signs and symptoms
- Other signs/symptoms of a possible heart condition –
 - ❖ Shortness of Breath
 - ❖ Upper body pain or discomfort in the arm, back, neck, shoulder, or jaw areas
 - ❖ Nausea, lightheadedness, dizziness
 - ❖ Cold sweats
 - ❖ Increased heart rate/palpitations

Heart Disease Risk Factors

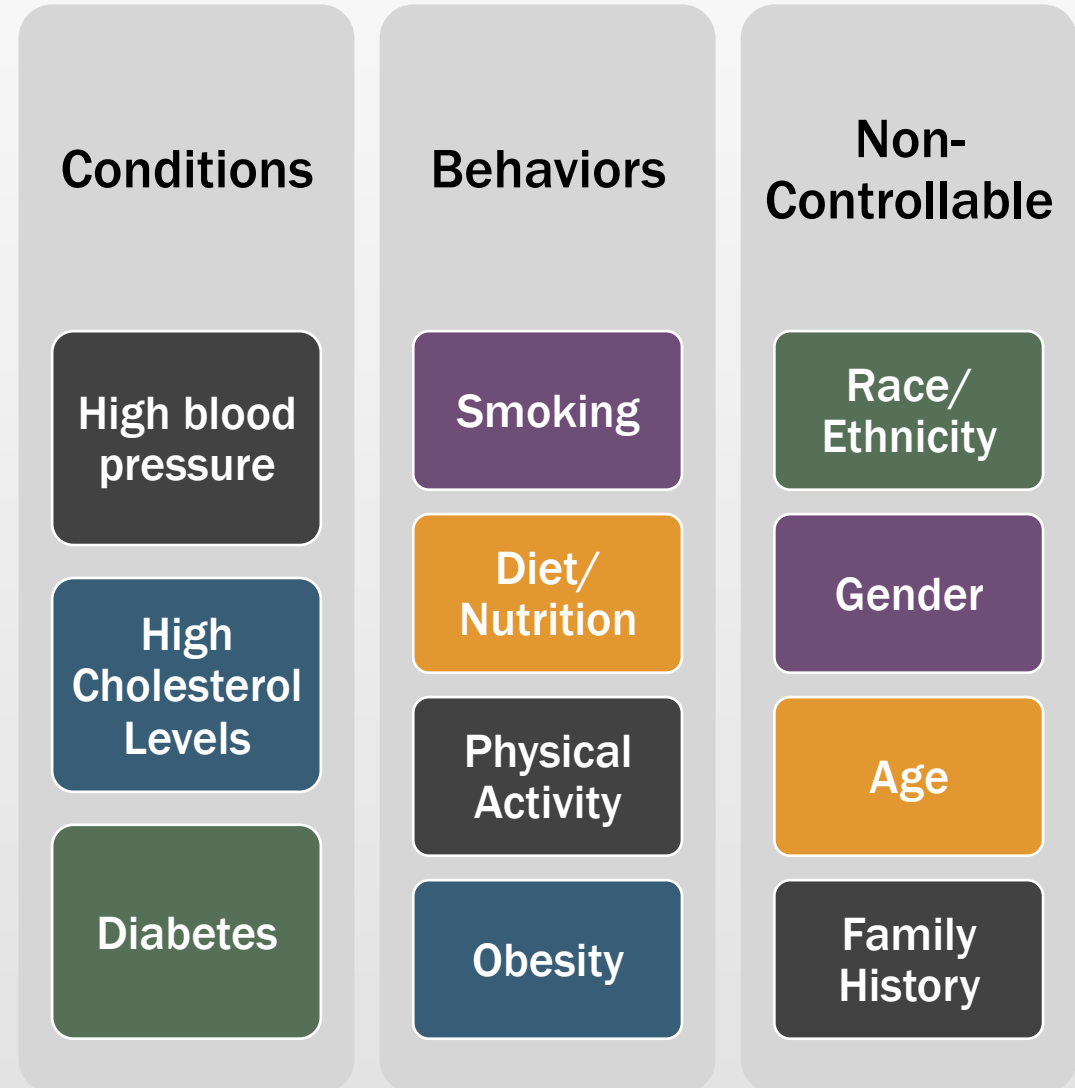


Risk factors for everyone	Specific risk factors for women
<ul style="list-style-type: none"><input type="checkbox"/> Family history<input type="checkbox"/> Smoking<input type="checkbox"/> Diet<input type="checkbox"/> Physical inactivity<input type="checkbox"/> Excessive alcohol use<input type="checkbox"/> Obesity<input type="checkbox"/> High cholesterol<input type="checkbox"/> High blood pressure<input type="checkbox"/> Diabetes	<ul style="list-style-type: none"><input type="checkbox"/> Diabetes<input type="checkbox"/> Birth control pills<input type="checkbox"/> Pregnancy complications (e.g., gestational diabetes, high blood pressure)<input type="checkbox"/> Early menopause<input type="checkbox"/> High triglycerides

Heart Disease: Risk Factors



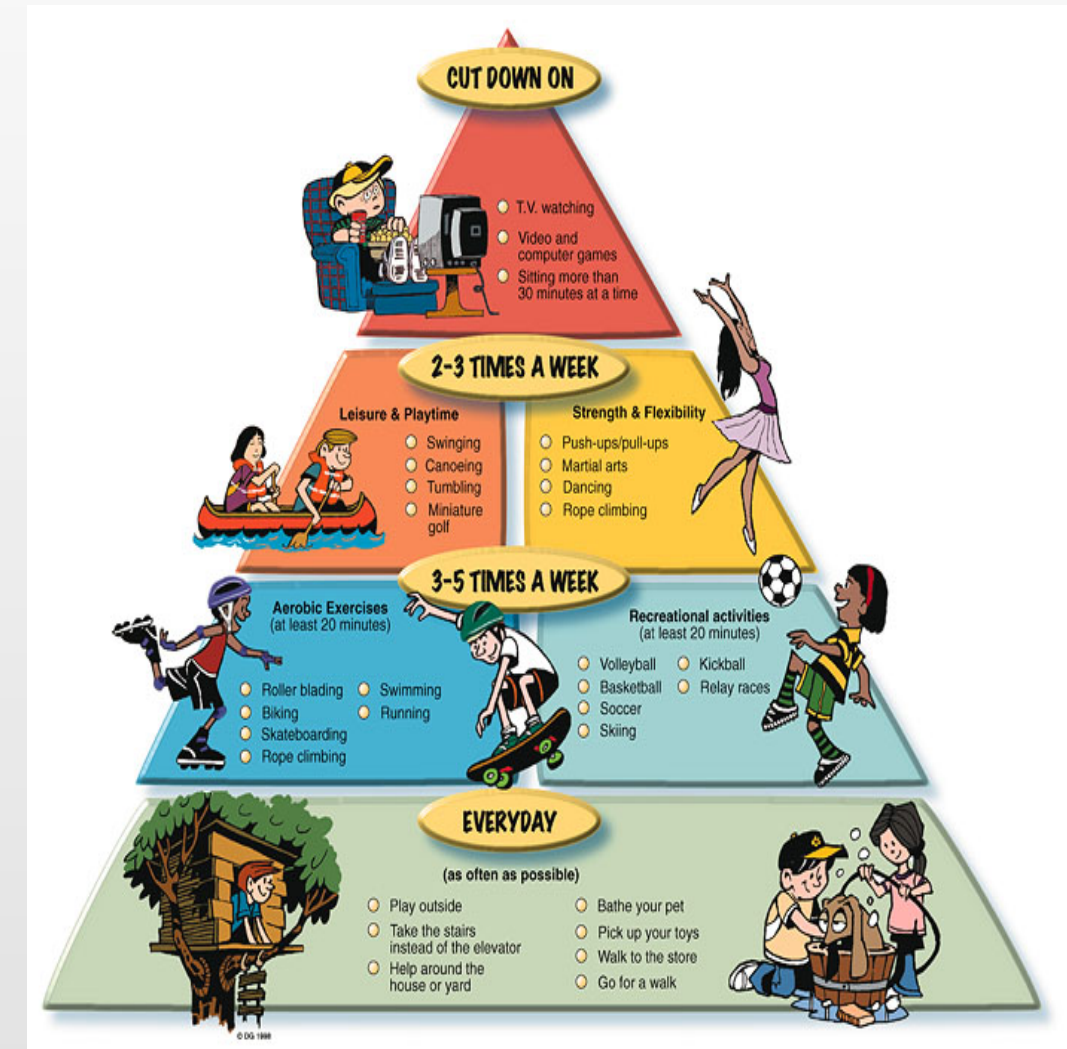
- Some risk factors related to our behavior are controllable
- Risk factors associated with our behavior can significantly increase or decrease your risk for heart disease
- Non-controllable factors like gender can automatically predispose persons to be at a greater risk for heart disease



Heart Disease: Reducing Your Risk & Prevention



- Diet/Nutrition – eating a well-balanced diet with fruits, vegetables, and whole grains
- Being active – physical activity is great for the heart and circulation
- Maintain a healthy weight – obesity is a major risk for heart disease
- Avoid tobacco products – smoking is a major cause of heart disease and health conditions like high blood pressure

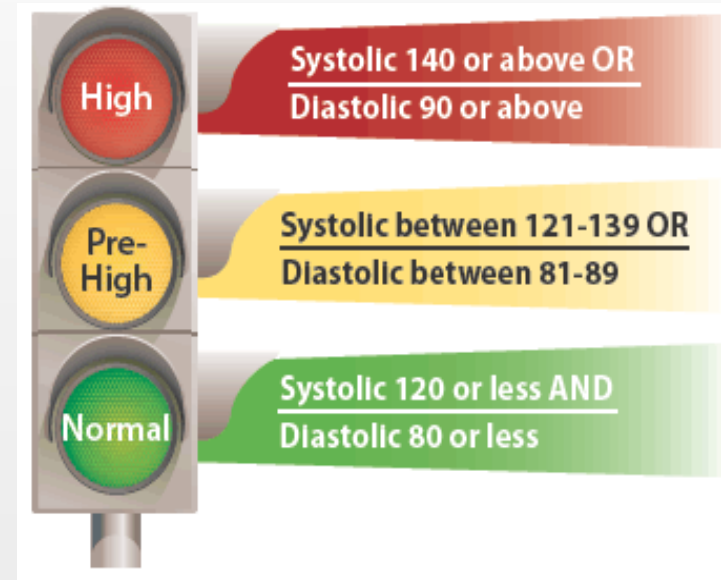


Heart Disease: Reducing Your Risk & Prevention



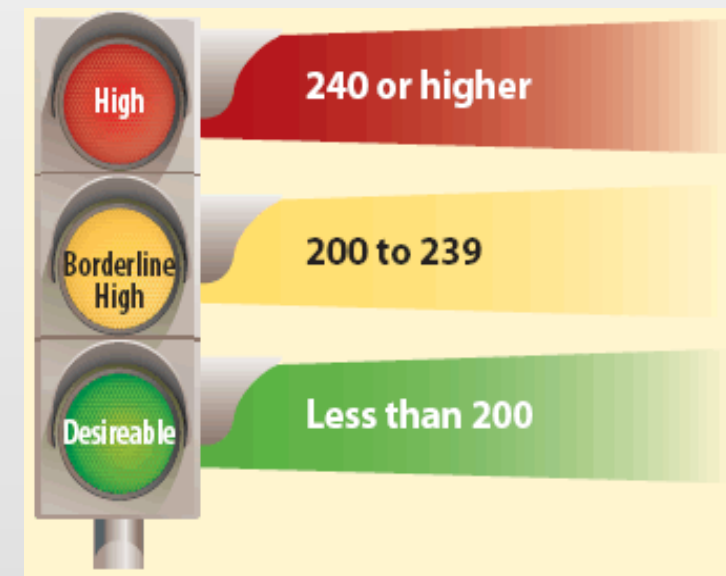
Preventing health conditions related to heart disease

- Getting annual check-ups to monitor your cholesterol
- Preventing or controlling your blood pressure with diet & exercise
- Preventing or controlling your diabetes with diet & exercise
- If you take medications, take them as directed
- Talk with your healthcare provider about concerns and remain engaged in your care



High Blood Pressure Limits

Cholesterol Levels



Education and Resources



Know the Facts About Heart Disease

This full-color, easy-to-read handout describes the risk factors, signs and symptoms, prevention, diagnosis, and treatment of heart disease.

[Know the Facts About Heart Disease\[PDF-248K\]\(http://www.cdc.gov/heartdisease/docs/consumered_heartdisease.pdf\)](http://www.cdc.gov/heartdisease/docs/consumered_heartdisease.pdf)

Heart-Healthy e-Cards

Send a heart-healthy e-card today to help promote heart disease and stroke prevention.

[Heart-Health e-Cards](#)

Other Resources

The following Web sites include government health links and resources about heart disease—

[Heart Diseases](#): Medline Plus (a service of the National Library of Medicine and the National Institutes of Health)

[HeartHub for Patients](#): American Heart Association

[Cardiovascular Diseases—Patient Brochures and Clinician Fact Sheets](#): Agency for Healthcare Research and Quality



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