

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

MATTERS OF THE HEART

ATTACK YOUR HEART RISK

The term “heart disease” refers to several types of heart conditions. The most common type is coronary artery disease (CAD), which can cause heart attack, angina, heart failure, and arrhythmias.

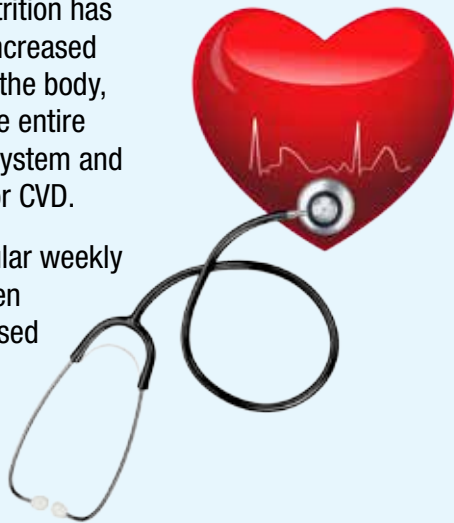
Many types of heart disease, including CAD, are considered lifestyle diseases. While medications can help manage the symptoms and progression of the disease, lifestyle changes in nutrition, exercise, and stress can prevent, and in some cases, even reverse the disease.

THE THREE I'S IN HEART DISEASE

Intake: Poor nutrition has been linked to increased inflammation in the body, which affects the entire cardiovascular system and increases risk for CVD.

Inactivity: Regular weekly exercise has been linked to decreased body weight, inflammation, blood cholesterol levels, resting blood pressure, heart rate, stress, and risk of type 2 diabetes.

Inflammation: Inflammation occurs as the immune system fights environmental, physical, and mental attacks on the body. In a Harvard Women’s Health Study, women with the highest levels of inflammatory markers were more than four times as likely to have died from coronary disease, or to have suffered a nonfatal heart attack or stroke compared to those with the lowest levels.



THE NUMBERS DON'T LIE

- ✓ About **600,000 people** die of heart disease in the United States every year—that’s **1 in every 4 deaths**.
- ✓ Heart disease is the **#1 cause** of death for both men and women.
- ✓ Coronary heart disease is the most common type of heart disease, killing more than **385,000 people** annually.
- ✓ Every year about **715,000 Americans** have a heart attack. Of these, 525,000 are a first heart attack.
- ✓ Despite increases in awareness over the past decade, **only 54%** of women recognize that heart disease is their **#1 killer**.

Coach's Quick Take

Know the Signs and Symptoms of a Heart Attack

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach
- Shortness of breath
- Nausea, lightheadedness, or cold sweats

According to a recent survey, **only 27% of respondents** were aware of all major heart attack symptoms and knew when to call 9-1-1.

WHAT IS YOUR RISK FOR HEART DISEASE?



Put a check next to the factors that apply to you and enter your numbers where indicated.

- | | |
|---|---|
| <p><input type="checkbox"/> Blood Pressure 130/85 – 140/90</p> <p><input type="checkbox"/> Blood Pressure over 140/90</p> <p><input type="checkbox"/> Cholesterol 200 to 239 mg/dL</p> <p><input type="checkbox"/> Cholesterol 240 mg/dL and above
What is your total cholesterol? _____</p> <p><input type="checkbox"/> HDL cholesterol 40 to 59 mg/dL</p> <p><input type="checkbox"/> HDL cholesterol less than 40 mg/dL for men and 50 mg/dL for women
What is your HDL cholesterol? _____</p> <p><input type="checkbox"/> LDL cholesterol between 130 mg/dL and 159 mg/dL</p> <p><input type="checkbox"/> LDL cholesterol 160 mg/dL and above
What is your LDL cholesterol? _____</p> | <p><input type="checkbox"/> Diabetes</p> <p><input type="checkbox"/> Blood sugar more than 100 mg/dL
What is your blood sugar? _____</p> <p><input type="checkbox"/> BMI of 25 or above</p> <p><input type="checkbox"/> Tobacco Use
How many cigarettes do you smoke a day? _____</p> <p><input type="checkbox"/> Diet high in fats</p> <p><input type="checkbox"/> Sedentary
How many days a week do you exercise? _____</p> <p><input type="checkbox"/> Diet low in fiber</p> <p><input type="checkbox"/> Moderate to high stress
How would you rate your stress level on a scale of 0-10 (10+ overwhelming)? _____</p> |
|---|---|

Red = High Risk

Blue = Moderate Risk

Other risk factors:

- Age over 65
- Being male
- Family history
- Race – African American, Mexican Americans, American Indians, native Hawaiians, and some Asian Americans

WORDS FOR WOMEN



- When it comes to matters of the heart, men and women definitely aren't created equal. For instance, a man's heart weighs about 10 ounces, while a woman's heart weighs approximately 8 ounces. Not only is a woman's heart smaller than a man's, but the signs that it's in trouble are a lot less obvious.
- While some women have no symptoms, others experience angina (dull, heavy to sharp chest pain or discomfort) and pain in the neck, jaw, throat, upper abdomen, or back.
- Almost **two-thirds** (64%) of women who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

Have you had a check-up within the past year?

RESOURCES

www.cdc.gov/heartdisease/facts.htm

www.ncbi.nih.gov

<http://circ.ahajournals.org>

For More Information visit
www.WellnessCoachesUSA.com

