Heart Disease & Stroke

American Heart Association
Fighting Heart Disease and Stroke

American Stroke Association
A Division of American Heart Association
What is Heart Disease?

Heart and blood vessel problems that develop over time.
What is Stroke?

A stroke happens when blood flow to the brain is interrupted by a blocked (clot) or burst blood vessel.
What kills more people? Cardiovascular Disease or Cancer
FACT

Coronary heart disease is the LEADING CAUSE of death in America today.

Stroke is the 3rd leading cause of death and the LEADING CAUSE of neurological disability in America today.
The Bad News

Every 35 seconds an American will die of CVD

Every 3 minutes, someone dies of a stroke
Risk factors that CANNOT be changed

- Age
- Family History
- Past heart disease or stroke
- Sex
- Race
Risk factors that **CAN** be changed

- High Cholesterol
- Physical Inactivity
- High blood pressure
- Alcohol / Drug Abuse
- Tobacco Expo.
- Diabetes
- Obesity
- Stress
Prevention of Heart Disease and Stroke

What YOU can do:

KNOW YOUR NUMBERS!
Physical Activity

For example, take a 30 minute walk per day
Nutrition

Eat a heart healthy diet
low in saturated fat and cholesterol
Eat more fruits and vegetables –
at least 5 A Day
Tobacco Exposure

Tobacco Exposure is the #1 cause of Heart Disease!!!!

Smoker can call the MS Tobacco Quitline at 1-800-QuitNow
Blood Pressure
You would be at high risk if your blood pressure is over 120/80 mmHg.

mm Hg = millimeters of mercury
Cholesterol

Goal

TOTAL: less than 200 mg/dL

HDL(Healthy): more than 40 mg/dL

LDL(Lousy): less than 100 mg/dL

mg/dL = milligrams per deciliter of blood
If you have diabetes, it is even more important to:

- Control high blood pressure
- Control high cholesterol
- Control weight
- Not smoke
- Get regular exercise
- Average Blood Sugar 80 to 120 mg/dL
Alcohol and Drug Abuse

Using drugs and alcohol affects your risk of heart disease and stroke.
Stress

- Stress leads to other risk factors
- Don’t sweat the small stuff
- Manage your time
- Learn to relax
Saving Lives
With The
Chain Of Survival
• Recognize the warning signs
• Immediately call 9-1-1
• Save a life – learn CPR
  call 1-877-AHA-4CPR
• Know and use the closest AED
• Advanced care needs to happen within 5-8 minutes
Classic signs of a Heart Attack

- Pressure, fullness, squeezing or pain in the center of the chest
- Chest discomfort
- Pain that spreads to the shoulders, neck, or arms
Less common signs of Heart Attack – experienced by many women

- Chest, stomach or abdominal pain
- Nausea or dizziness without chest pain
- Shortness of breath
- Trouble breathing without chest pain
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness
Stroke Chain of Survival

• Recognize the warning signs
• Immediately call 9-1-1
• Know the location of the closest stroke treatment facility
• Ask if you are eligible for tPA (clot-busting drug)
Symptoms of Stroke

1. Feel numb or weak (face, arm, leg, 1 side)

2. Feel confused
   Hard to talk
   Can’t understand
3. Trouble seeing (1 eye or both)

4. Hard to walk
   Dizzy
   Off balance

5. Sudden bad headache with no known cause.
Recognize any of these symptoms as a medical emergency and CALL 9-1-1
What is the American Heart Association Doing to Prevent CVD?
You’re The Cure!!

Join The American Heart Association/American Stroke Association in our efforts to reduce Heart Disease and Stroke! Become an advocate for the American Heart Association to help get our message to policy makers.
For more information, call the American Heart Association

1-800-AHA-USA1
1-888-4STROKE

http://www.americanheart.org

You’re The Cure,
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