



OLV HEALTH & WELLNESS MINISTRY

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Heart Disease and **Go Red for Women**

1. Heart disease (HD) is the leading cause of death for women in the U.S., killing nearly 422,000 yearly, while stroke is the No. 3 killer in women.
2. Following a heart attack, approximately 1 in 4 women will die within the first year, compared to 1 in 5 men.
3. Some conditions and lifestyle choices increase a person's chance for HD, including diabetes, overweight and obesity, poor diet, physical inactivity and excessive alcohol use.
4. Among women, black women are at highest risk of dying early from HD and stroke followed by American Indian/Alaska Native, Hispanic and Asian/Pacific Islander women.
5. High blood Pressure, high LDL cholesterol, and smoking are key risk factors for HD. Maintaining low blood pressure and cholesterol and not smoking will reduce chances for HD.

Risk Factors You Can Manage

- High Blood Pressure (HBP) makes the heart work harder than normal. This makes both the heart and arteries more prone to injury. HBP raises the risk of heart attacks, strokes, kidney failure, eye damage, heart failure and atherosclerosis (fatty buildup of plaque in the arteries).
- Smoking is the single most preventable cause of death in the U.S. Women who smoke are at higher risk of heart failure and peripheral vascular disease (clogged arteries in legs and arms).
- Cholesterol management: Cholesterol is a soft, fat-like substance, a part of a healthy body.
 - Too much can cause plaque build-up on the inner walls of arteries, reducing blood flow to important parts of the body.
 - HDL (good) cholesterol should be between 40-59, LDL (bad) cholesterol, less than 100.
- A healthy diet is filled with a wide variety of colorful fruits, vegetables, grains, legumes, nuts and seeds. These foods have low amounts of harmful saturated fats, and cholesterol.
- Cut back on animal products which contain large amounts of saturated fats.
- Physical Activity: Moderate-to-Vigorous
- The American Heart Association recommends at least 150 minutes of moderate-intensity, (such as brisk walking) or 75 minutes of vigorous aerobic intense activity using weights or a combination of both per week.
- Check with your physician prior to starting a vigorous exercise program.
- Know your family history for risk factors for heart disease and stroke.

Heart Attack Warning Signs:

- Chest discomfort located in the center of the chest that lasts more than a few minutes. It can feel like an uncomfortable pressure, squeezing fullness or pain.
- Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort, breaking out in a cold sweat, nausea, lightheadedness.
- Women may experience these symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain