Take Charge of Your Health

Health for Hearts United Leadership Institute

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Question #1

What is the #1 cause of death in the US?

1. Cancer
2. Accidents
3. Heart disease
4. Lung disease
Heart disease is the #1 killer in the US, causing more deaths than cancer, lung disease, accidents and diabetes combined.
Question #2

Cardiovascular Disease includes what condition?

1. Stroke
2. Heart Attack
3. Congestive Heart Disease
4. High Blood Pressure
5. All of the above
Cardiovascular Disease

- **ALL OF THE ABOVE:**
  - Diseases and conditions pertaining to the heart and vascular (blood vessels) system
  - Primarily includes heart attack, stroke, high blood pressure, congestive heart failure
  - May also include arrhythmias, PVD, ESRD, congenital heart defects
Statistics Review

- Stroke is the leading cause of serious, long-term disability in the United States.
- 15-30% of stroke survivors are permanently disabled.
- Black have twice the rate of strokes compared to Whites.
- Smoking and high blood pressure both double the risk of stroke.
Question #3

Name a risk factor for CV disease........

.........Is it modifiable or non-modifiable?
Heart Disease – Risk Factors (Can’t be changed)

- Age
- Family History
- Race
Heart Disease – Risk factors
Modifiable (Can be changed)

- Obesity or overweight
- Diabetes
- Physical inactivity

- Smoking
- High blood pressure
- High blood cholesterol
Multiplier Effect:
Risk Factors for Heart Disease

1 risk factor → 2x risk of person with no risk factor

2 risk factors → 4x risk

3 risk factors → 10x risk
Question #4

What can we do to reduce our risk factors?
What you can do

- **Don’t smoke and avoid second hand smoke**
  - 35% of deaths from smoking related to CVD
  - Nonsmokers exposed to secondhand smoke have 25-30% increase risk of heart disease

- **Get regular exercise**
  - Aim to get at least 150 minutes of cardio per week (30 minutes 5 times a week)
  - 10,000 steps daily
  - Add activity to everyday life

- **Know your numbers**
  - Blood pressure, cholesterol, blood glucose

- **Know your family history**
  - Discuss medical history at family gatherings
What you can do

- Eat a heart healthy diet
  - Low in saturated fats, trans fats, sodium, cholesterol
  - Include whole grains, vegetables, fruit, healthy fats

- Maintain a healthy weight
  - Know your BMI (Body Mass Index)
  - Ask your doctor about your ideal weight
  - 5-10% loss of body weight produces risk reduction

- See your doctor for regular exams
  - Take medication as prescribed
Final Question(s)

What change will you make

- In your person life?
- In your family?
- In your church?
- In your community?
Finally….

Above all else, guard your heart, for it is the wellspring of life

*Proverbs 4:23*