



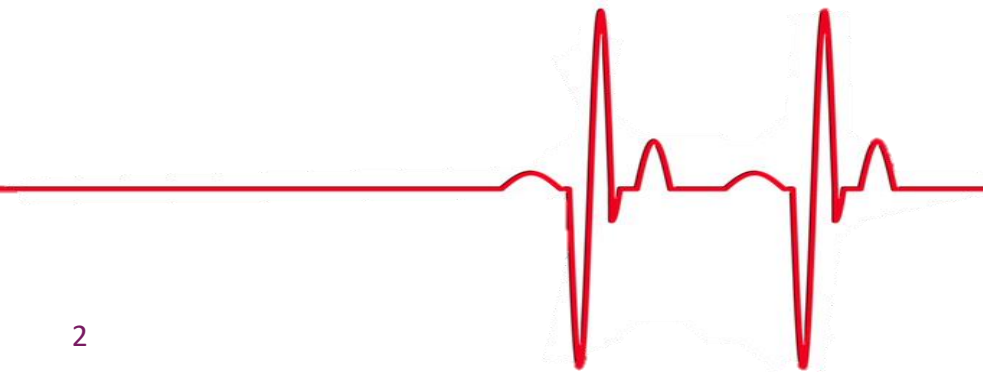
Cheers To Your Heart!

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About Heart Disease

- Leading cause of death worldwide
- More deaths than all types of cancer combined
- ~800,000 Americans died from heart disease or stroke in 2013



We're Your Best Defense!

- Don't let fear or lack of knowledge stand between you and a healthy heart
- You can take charge of your health and significantly lower your risk of developing heart disease
- Talk to your doctor about **your** risk factors for heart disease



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From Fear to Action

- We can prevent at least 80% of all heart disease, stroke and type 2 diabetes
- Take charge of your health and lower your risk for heart disease
 - Assess your risk factors
 - Recognize warning signs
 - Lower your risks

Risk Factors

- Conditions that can raise your risk for disease
 - Controllable (e.g. diet, exercise)
 - Uncontrollable (e.g. age, family history)
- ~**Half of all Americans** have at least one of the three key risk factors for heart disease
 - High blood pressure
 - High cholesterol
 - Smoking

Assess Your Risk Factors

- Smoking
 - Most important preventable cause of premature death in U.S.
 - Major cause of heart disease
 - Causes 1 in 5 deaths from heart disease
 - Secondhand smoke also risk factor for heart disease



Assess Your Risk Factors

- High blood pressure
 - Force of blood against artery walls
 - Normal= $<120/80$
 - Silent Killer
 - Can lower through lifestyle changes and medications, if needed



Assess Your Risk Factors

- High blood cholesterol
 - Cholesterol important for health
 - Too much raises risk for heart disease
 - Two types of cholesterol
 - “Good”--HDL
 - “Bad”--LDL



Assess Your Risk Factors

- Diabetes
 - Causes blood sugar to rise to dangerous levels
 - Strong correlation between heart disease and diabetes
 - >68% people 65+ with diabetes die from heart disease; 16% die from stroke



Assess Your Risk Factors

- Other lifestyle risk factors
 - Diet
 - Overweight/obese
 - Lack of physical activity



Recognize Warning Signs: Heart Attack

- Top heart attack symptoms
 - Chest pain or discomfort
 - Shortness of breath
 - Lightheadedness
- Call 911 immediately



Heart Attack Signs

- Can have heart attack without chest pain
- Symptoms differ between men and women
- Other symptoms
 - Nausea/vomiting
 - Back or jaw pain
 - Dizziness
 - Lightheadedness/Fainting
 - Fatigue

Heart Attack Symptoms: Women

- If you experience any of the following, call 911 immediately
 - Shortness of breath – with or without chest pain
 - Flu-like symptoms: nausea, clamminess or cold sweats
 - Pain in upper jaw, shoulders, neck or jaw
 - Unexplained anxiety, fatigue, weakness or dizziness

Recognize Warning Signs: Stroke

- Signs of stroke
 - Numbness or weakness
 - Confusion, trouble speaking or understanding
 - Trouble seeing in one or both eyes
 - Trouble walking, dizziness, loss of balance, coordination
- Call 911 immediately



Stroke Symptoms

- Use the letters in “FAST” to spot stroke signs
 - Face drooping
 - Arm weakness
 - Speech difficulty
 - Time to call 911



Lower Your Risks

- Know your numbers
- Healthy lifestyle
- Medically manage risk factors, if needed



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Lower Your Risk: Know Your Numbers

- Blood pressure
 - <130/80 mm HG
- Cholesterol
 - HDL + LDL + 20% Triglycerides = Total Cholesterol Score
- Blood Sugar
 - HbA1c <7%
- Body Weight
 - BMI <24.9
 - Waistline <35 women, <40 Men

Lower Your Risk: Lifestyle

- Heart healthy diet
 - DASH: Dietary Approaches to Stop Hypertension
 - Low in saturated fat, total fat, and cholesterol
 - High in fruits, vegetables, and low-fat dairy foods
 - Whole grains, poultry, fish, and nuts
 - Low amounts of fats, red meats, sweets, and sugared beverages
 - High in potassium, calcium, and magnesium, protein and fiber
 - Eating foods lower in salt and sodium also can reduce blood pressure

Lower Your Risk: Lifestyle

- Physical activity
 - For Overall Cardiovascular Health:
 - ≥ 30 min moderate-intensity aerobic activity, ≥ 5 days per week for a total of 150 minutes
OR
 - ≥ 25 min vigorous aerobic activity, ≥ 3 days/week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity
AND
 - Moderate- to high-intensity muscle-strengthening activity ≥ 2 days/ week
 - For Lowering Blood Pressure and Cholesterol
 - An average 40 minutes of moderate to vigorous intensity aerobic activity 3 or 4 times per week

Lower Your Risk: Lifestyle

- Maintain a healthy weight
 - BMI
 - <24.9
 - Waist circumference
 - <35 women, <40 Men
 - How?
 - Healthier food choices
 - Smaller portion sizes
 - More physical activity



Lower Your Risks: Quit Smoking

- Develop a plan
 - Set quit date
 - Prepare to deal with urges and withdrawal symptoms
- Use proven quit-smoking resources
 - Quit lines
 - Smoking cessation medications
- Keep trying until you are successful

Lower Your Risk: Manage Risk Factors

- Use medications when lifestyle changes are not enough to lower your risks
 - Blood pressure
 - Cholesterol
 - Blood sugar

Action Item



- Talk to your doctor about YOUR risk factors
- Develop a plan to lower risks, preserve heart health
- Seek immediate medical attention if you experience signs of heart attack or stroke

Questions?

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