

Heart Health~Facts Sheet

What is heart disease? Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects). The term "heart disease" is often used interchangeably with "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke.

How prevalent is it? Heart disease is the **leading 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. In the United States, someone has a heart attack every 34 seconds.

Signs and symptoms of a heart attack: Chest pain, discomfort, pressure or squeezing, like there's a ton of weight on you. Unusual fatigue. Unusual upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach. Nausea. Breaking out in a cold sweat. Shortness of breath. Light-headedness or sudden dizziness.

Risk factors: High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: Diabetes, Overweight and obesity, Poor diet, Physical inactivity, Excessive alcohol use.

Risk Factors	Optimal Level
Blood pressure	Less than 120/80 mm Hg
Total cholesterol	Less than 200mg/dL
LDL- "Bad" Cholesterol	Less than 100 mg/dL
HDL-"Good" Cholesterol	Greater than 50 mg/dL
Triglycerides	Less than 150 mg/dL
Glucose (HbA)	Less than 7%
Body mass index (BMI)	18.5-24.9 kg/m ²
Waist circumference	Less than 35 inches

*Your health care provider may want your LDL to be less than 70 mg/dL if you have several risk factors.

Prevention: Eat Heart-Healthy=Eat a diet rich in fruits and vegetables including whole grain and high fiber foods. Do your best to eat less salt (sodium). Try to limit salt intake to 1500 mg a day. Avoid trans-fatty acids. Eat very little saturated fat (such as cheese, butter and meat): less than 7% of your total calories a day. Eat less than 150 mg of cholesterol a day. No alcohol is best, but if you do drink, drink no more than one alcoholic beverage a day.

Stop Smoking=Get counseling, nicotine replacement, or drug therapy (if needed) and find a group program to help you stop smoking.

Exercise and weight loss=Get 150 minutes of moderate intensity exercise a week, such as brisk walking. If you are trying to lose weight, then you will need 60-90 minutes a day.

For more information visit: www.heart.org, www.cdc.gov/heartdisease, www.mayoclinic.com

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Vision: American Indian and Alaska Native women and families living a healthy, balanced life.



Mission: To empower American Indian and Alaska Native women and families to build happy, healthy communities.