

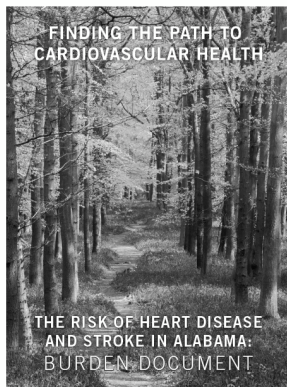
## **Go Red to Prevent Heart Disease in Women**

**Satellite Conference and Live Webcast  
Wednesday, February 17, 2010  
2:00 - 3:00 p.m. Central Time**

Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

## **Faculty**

**Melanie Rightmyer, RN, BSN  
Program Manager  
Cardiovascular Health Branch  
Alabama Department of Public Health**



## **Myth or Fact?**

- 1. Cancer is the leading cause of death in women**
- 2. Women are less likely to die from heart disease than men**
- 3. Women are more likely to seek early treatment for symptoms of an MI heart attack**

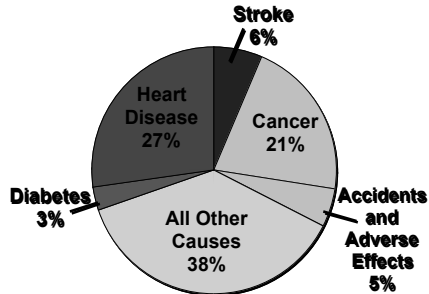
## **Myth or Fact?**

- 4. Women and men exhibit similar symptoms of a MI, heart attack**
- 5. Within the first two weeks after an MI women are less likely to die than men**
- 6. Women receive less aggressive care for the prevention and treatment of heart disease**

## **Myth or Fact?**

- All are myths except # 6**

### Leading Causes of Death in Alabama - 2005



### Leading Causes of Death in Alabama - 2005

- Cardiovascular disease is the leading cause of death and disability in Alabama
- Heart disease is the primary cause of death in Alabama and kills over 12,000 residents each year
- 27.3% of the deaths in Alabama were due to heart disease

### Leading Causes of Death in Alabama - 2005

- 6.3% of deaths in Alabama were due to stroke
  - Stroke is the third leading cause of death
  - Strokes kill nearly 5,000 people each year

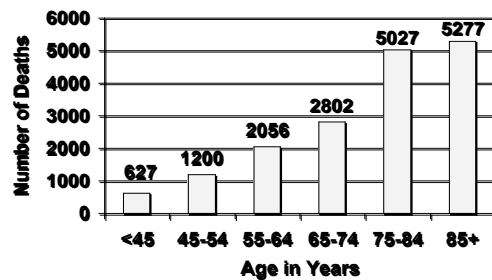
### Cardiovascular Diseases

- Alabama's number one killer
- The nation's number one killer

### Women and Cardiovascular Disease

- Every minute one woman dies from a Cardiovascular related event
  - 480 women during a day at work

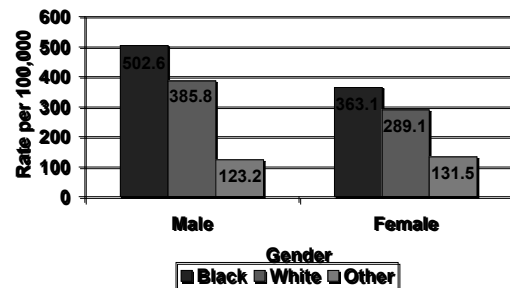
### Cardiovascular Deaths by Age Group in Alabama 2005



### Cardiovascular Deaths by Age Group in Alabama 2005

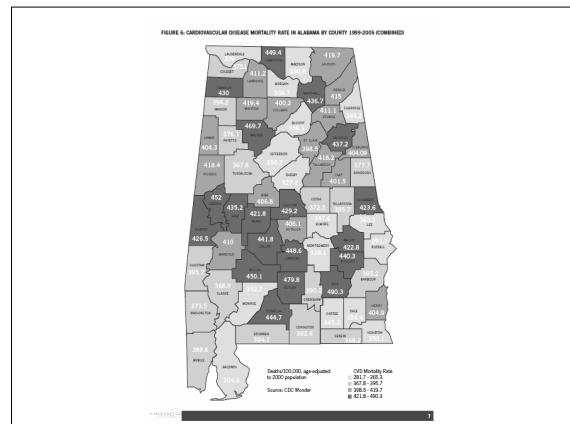
- Age is a non-modifiable risk factor for CVD
  - The number of CVD deaths increases with age
- Deaths from CVD occurred more often in those over 75 years of age
- Nearly one out of four deaths from CVD occurred in those below age 65

### Age-Adjusted Death Rates for CVD by Gender & Race in AL 2005



### Age-Adjusted Death Rates for CVD by Gender & Race in AL 2005

- In 2005, the age-adjusted death rate was highest among black males
  - 502.6/100,000 population
- Males were at a higher risk of dying due to CVD than females in 2005



### Incidence of Heart Disease

- More women than men die from heart disease
- 43% of deaths in American women each year are caused by MI and stroke
- Heart disease is still commonly believed to be a man's disease

### Incidence of Heart Disease

- 63% of deaths have no signs or symptoms
- 80% are preventable

## Risk Factors You Can Change

- Tobacco smoke
- High blood pressure
- High cholesterol
- Physical inactivity
- Obesity
- Diabetes

## Uphill Battle?



## Smoking Numbers to Know

- The number of cigarettes you can safely smoke per day is
  - 0!
- Don't breathe someone else's tobacco smoke
- 1-800-QUIT NOW

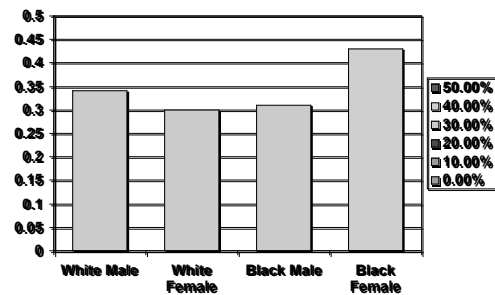
## Women Smokers

- Female smokers may have an MI 19 years before nonsmokers
- More than half of MIs in women under 50 are related to smoking
- Women who smoke and use oral contraceptives increase their risk even more
- Substantially increases effects of other risk factors

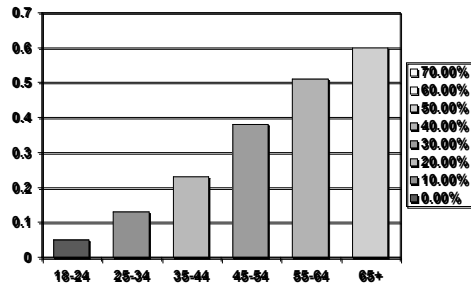
## Women Smokers

- Premenopausal women who smoke are at 3 times greater risk of heart disease than non-smoking women
- Women who stop smoking can lower their risk of an MI by 1/3 within 2 years

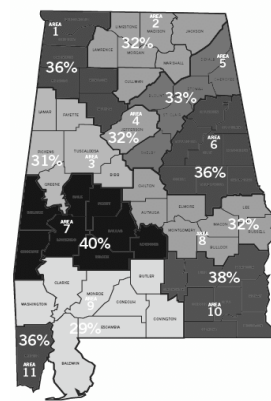
## Diagnosed Hypertension in Alabama by Race and Gender



## Diagnosed Hypertension in Alabama by Age Groups in 2007



1) PERCENTAGE OF ADULTS WITH HIGH BLOOD-PRESSURE IN ALABAMA BY PUBLIC HEALTH AREA 2007



## Blood Pressure Numbers

- Normal blood pressure is less than 120/80 mmHg
- Pre-hypertension is 120-139/80-89 mmHg
- High blood pressure is 140/90 or higher
  - JNC7 Guidelines

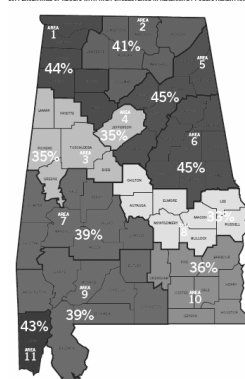
## Bad Hair Day! Don't it Make Your Brown Eyes BLUE!



## Cholesterol Numbers

- Goal
  - Total: less than 200mg/dL
  - HDL (Healthy): more than 40 mg/dL
  - LDL (Lousy or Lethal): less than 70-100 mg/dL
  - Triglycerides: <150mg/dL

12) PERCENTAGE OF ADULTS WITH HIGH CHOLESTEROL IN ALABAMA BY PUBLIC HEALTH AREA 2007



## Obesity Numbers to Know

- A high-risk waistline is
  - 35 inches or more for women
  - 40 inches or more for men

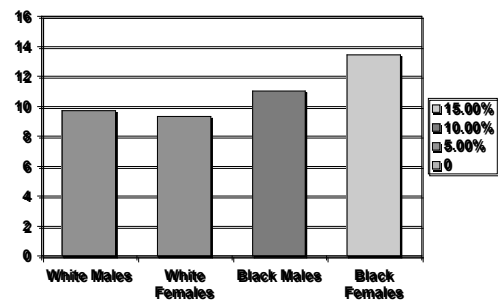
## Exercise Numbers to Know

- Get 30 minutes of moderately intense physical activity each day

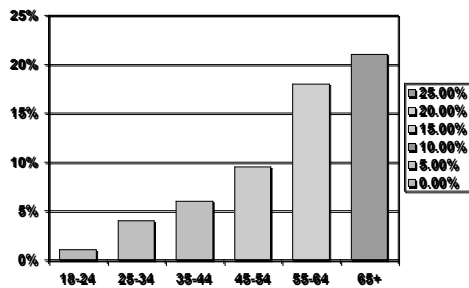
## Oops! What Did 'ya Go and Do that For?



## Diagnosed Diabetes in Alabama by Race and Gender in 2007



## Diagnosed Diabetes in Alabama by Age Groups in 2007



## Diabetes and Death from Heart Disease

- At least 65% of people with diabetes mellitus die of some form of heart disease or stroke

### **Diabetes Numbers to Know**

- Diabetes increases your risk of heart disease
- “Pre-diabetes” is a blood glucose level of 100 to 125 mg/dL
- Diabetes is a blood glucose level of 126 mg/dL or higher
- A1C should be 3.5-4.5

### **Specific Risk Differences in Women**

- Race
  - African American women ages 55-64 are twice as likely to have an MI (heart attack) as white women
  - African American women are at the highest risk for death from heart disease among all racial, ethnic, and gender groups

### **Specific Risk Differences in Women**

- Heredity
  - A woman is at more risk than a man if she has a father or brother who developed heart disease before age 55 and/or a mother or sister who developed heart disease before age 65

### **For the Diabetic Stroke Means . . .**

- Diabetics have 2 – 4 times an increased risk for having a stroke!
  - If they smoke
- 200,000 people with Diabetes
  - But they don’t know they have it

### **Motorcycles Use Extreme Caution**



### **Stroke Warning Signs**

- Be FAST
  - F = Face
    - Sudden weakness of the face
  - A = Arm
    - Sudden weakness of the arm especially on one side of the body

## Stroke Warning Signs

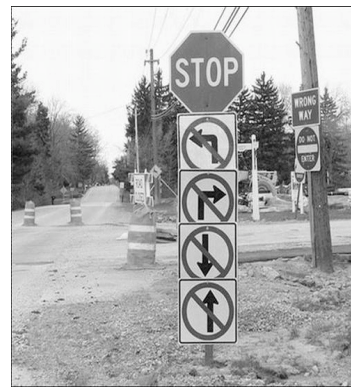
- S = Sight
  - Trouble seeing with one or both eyes
  - Speech, trouble speaking
- T = Time
  - Time is brain lost, act fast and call balance or coordination

## 3 Hour Window

- tPA can help
  - This is an IV medication that can help as a clot buster
  - Must be given within 3 hours of the onset of the first signs and symptoms of stroke
  - Only certain hospitals are equipped to give this

## Delays

- Women with symptoms often delay seeking treatment, so that by the time they are diagnosed they are unstable
- Women's risk of dying during the first two weeks after a heart attack is double that of men



## Reasons for Delays?



## Reasons for Delays

- Symptoms are vague
- Women are older and may live alone
- Lack of insurance
- Lack of access to care
- Many think their symptoms are not severe, may feel they won't be taken seriously by health care providers



## Reasons for Delays

- Believe heart disease is a male problem
- Misinterpretation of symptoms
- They treat themselves first at home – take something for pain or indigestion
- Desire to maintain control, concerns for loved ones, and competing social roles



## Join You're the Cure Network

- Heart Disease and Stroke  
– You're the Cure!  
[www.americanheart.org/yourethecure](http://www.americanheart.org/yourethecure)

## Our Vision

By 2020 increase collaboration among the public and private sector partners in order to increase control of high blood pressure, high cholesterol, increase awareness of signs and symptoms of heart attack and stroke, increase awareness to call 9-1-1 and improve emergency response, improve quality of care and reduce disparities.

## Our Mission

The Alabama CVH Coalition coordinates efforts to implement the state plan to reduce the burden of CVD through prevention, early detection, treatment, and the elimination of health disparities.

Disseminate Heart and Stroke Messages			
STRATEGY: S2. Disseminate cardiovascular health information through various channels throughout the state			
KEY RESPONSIBLE PARTY: ADPH Cardiovascular Health Branch, CVH Advisory Council			
Tactics/Action Plans	Target Groups	Partners	Objectives/Measures
Continually update and coordinate the cardiovascular health information listed on the Alabama Department of Public Health Website	1. Public 2. Seniors 3. Health care providers 4. Survivors	1. ADPH Internal partners 2. CDC 3. CVH Coalition	By August 30, 2010, work with the ADPH webmaster to reconstruct the Cardiovascular Health Branch Web Site pages promoting user friendly pages and up-to-date information
Annually sponsor and produce satellite conferences and webcasts for statewide broadcast to educate and inform various audiences on cardiovascular disease and prevention.	1. Health care providers 2. Public 3. ADPH 4. Associations 5. Colleges and universities	1. ADPH internal partners 2. Diabetes Coalition 3. ACES 4. AHA	By April 20, 2010, conduct a satellite conference/webcast with partners focusing on cardiovascular disease and prevention. (continue annually)
Co-sponsor statewide conferences with other interested organizations to promote issues related to cardiovascular disease in Alabama	1. Health care providers/hospitals 2. Colleges and universities 3. Worksites 4. ADPH	2. AHA 3. CVH Coalition	By December 31, 2010, cosponsor three conferences in different regions of the state related to cardiovascular health, increasing these events to nine by 2012.
Establish a speaker's bureau of public and private healthcare professionals to inform and educate on cardiovascular disease and stroke and related conditions	1. Public 2. Minorities 3. Schools 4. Worksites 5. Health care providers	1. ADPH Internal Partners 2. AHA 3. Volunteers 4. Colleges 5. CVH Coalition	By June 30, 2011, develop a resource directory identifying speakers statewide. By December 31, 2012, train identified speakers in presentation skills.

**Making a Difference  
One Life at a Time**



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