

## Save A Life Heart and Stroke Community Education

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

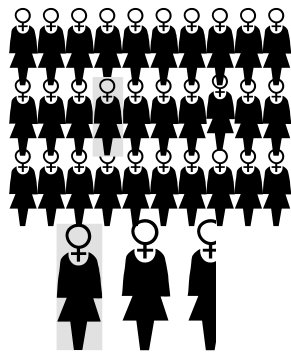
Dusty Young  
Cultural Health Initiatives Director  
American Heart Association

## What is Cardiovascular Disease?

- Heart disease and stroke, resulting from a reduced blood supply to the heart and brain

## Fact

- Heart disease is the number 1 cause of death in America today
- Stroke is the 3rd leading cause of death and the number 1 cause of disability in America today



Breast Cancer

Heart Disease  
or Stroke

## What is Heart Disease?

- Heart and blood vessel problems that develop over time



## Classic Signs of a Heart Attack

- Pressure, fullness, squeezing or pain in the center of the chest
- Chest discomfort
- Pain that spreads to the shoulders, neck, or arms



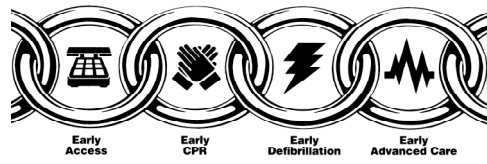
## Less Common Signs of Heart Attack

- Experienced by many women
  - Chest, stomach or abdominal pain
  - Nausea or dizziness without chest pain
  - Shortness of breath
  - Trouble breathing without chest pain

## Less Common Signs of Heart Attack

- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness

## Sudden Cardiac Arrest



- The stopping of the heartbeat, usually because of interference with the electrical signal

## Sudden Cardiac Arrest

- Recognize the warning signs
- Immediately call 9-1-1
- Save a life - learn CPR
  - Call 1-877-AHA-4CPR
- Know and use the closest AED
- Advanced care needs to happen within 5-8 minutes

## What is Stroke?

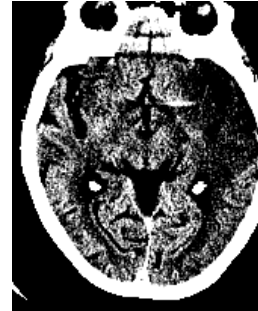
- A stroke happens when blood flow to the brain is interrupted by a blocked (clot) or burst blood vessel



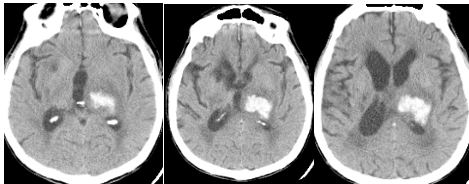
## Different Types of Stroke

- An Ischemic Stroke occurs when a blood vessel to the brain is blocked
  - Clot
- A Hemorrhagic Stroke occurs when a blood vessel to the brain bursts or leaks

## Different Types of Stroke



## Different Types of Stroke



## Symptoms of Stroke

1. Feel numb or weak
  - Face, arm, leg, 1 side
2. Feel confused
  - Hard to talk
  - Can't understand



## Symptoms of Stroke



3. Trouble seeing
  - 1 eye or both



4. Hard to walk
  - Dizzy
  - Off balance



5. Sudden bad headache with no known cause

## Stroke Chain of Survival



- Recognize the warning signs
- Immediately call 9-1-1
- Know the location of the closest stroke treatment facility
- Ask if you are eligible for tPA (clot-busting drug)

## What puts YOU at RISK?

### Risk Factors that CANNOT be Changed

- Age
- Family history
- Sex
- Race
- Past heart disease or stroke

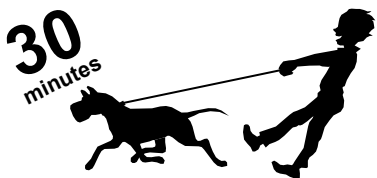
### Risk Factors that CAN be Changed

- High cholesterol
- Physical inactivity
- High blood pressure
- Smoking
- Diabetes
- Obesity

### Prevention of Heart Disease and Stroke

- What YOU can do
  - KNOW YOUR NUMBERS!

### Physical Activity



- Walk your dog 30 minutes a day, every day, even if you don't have one!

### Nutrition

- Eat a heart healthy diet low in saturated fat and cholesterol
- Eat more fruits and vegetables
  - At least 5 a day

## **Obesity**

- A high-risk waistline measured around the belly button is defined as
  - 35 inches or more for women
  - 40 inches or more for men
  - Not pant size

## **Smoking**

- If you don't smoke, don't start
- If you smoke, quit
- Now matter how much or how long you've smoked, when you cut down or quit, your risk of cardiovascular disease goes down

## **Blood Pressure**

- Target - 120/80
- You would be at high risk if your blood pressure is over 140/90 mmHg
  - mmHG = millimeters of mercury

## **Cholesterol**

- Goal
  - Total: less than 200mg/dL
  - HDL (Healthy): more than 40 mg/dL
  - LDL (Lousy): less than 100 mg/dL
    - mg/dL = milligrams per deciliter of blood

## **Diabetes**

- If you have diabetes, it is even more important to
  - Control high blood pressure
  - Control high cholesterol
  - Control weight
  - Not smoke
  - Get regular exercise
  - Maintain fasting blood sugar <100 mg/dL

## **Where You Can Start**

- Find out your family history
- See your doctor regularly
- Know the risk factors
- Control risk factors
- Know the warning signs
  - The first link to the chain of survival!

### **For More Information**

**American Heart Association  
1-800-AHA-USA1  
1-888-4STROKE  
<http://www.americanheart.org>**

### **Join You're the Cure Network**

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

### **Thank You**

**American Heart Association  
American Stroke Association  
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