**Identifying and Addressing
Cardiovascular Disease
Risk in Women**

**Satellite Conference and Live Webcast
Wednesday, February 16, 2011
2:00 - 4:00 p.m. Central Time**

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

Faculty

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**The Risk of Heart Disease
in Alabama:
BURDEN DOCUMENT**

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.
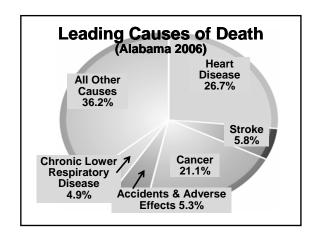

Myth or Fact?

4. Women and men exhibit very similar "classic" symptoms of an MI, heart attack.

5. Within the first two weeks after an MI, women are less likely to die than men.

Myth or Fact?

6. Women receive less aggressive care for the prevention and treatment of heart disease.

7. Heart disease is preventable.

Myth or Fact?

- All are myths except for numbers 6 and 7.

Leading Causes of Death
(Alabama 2006)

Heart Disease 26.7%

All Other Causes 36.2%

Stroke 5.8%

Chronic Lower Respiratory Disease 4.9%

Cancer 21.1%

Accidents & Adverse Effects 5.3%

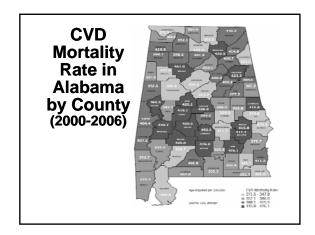## Leading Causes of Death
(Alabama 2006)

- CVD 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

- 26.7% of deaths in Alabama were due to heart disease and 5.8% were due to stroke in 2006

Cardiovascular Diseases

- Alabama and the nation's number 1 killer

Women and Cardiovascular Disease

- Every minute one woman dies from a cardiovascular related event

- 480 women during an 8 hour day at work

CVD Mortality Rate in Alabama by County (2000-2006)

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

Incidence of Heart Disease

- Heart disease is still commonly believed to be a man's disease
- 64% of women who die suddenly from coronary heart disease have NO previous symptoms

An Older Woman's Disease

- Perceived as an older woman's disease?
- It is the leading cause of death among women aged 65 years and older

Incidence of Heart Disease

- Heart disease is the third leading cause of death among women aged 25 - 44 years
- Heart disease is second leading cause of death among women aged 45 - 64 years

Incidence of Heart Disease

- More women die from heart disease than the next five causes of death combined, including all forms of cancer
- 64% 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

Risk Factors You Cannot Change

- Age
- Race (African American)
- Gender
- Heredity
- Family history of heart disease
- Past history MI or stroke
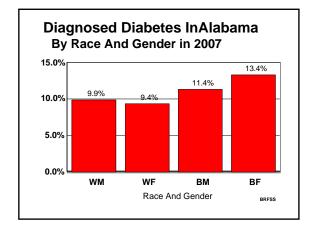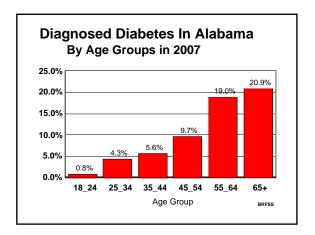
Uphill Battle?

Smoking Numbers to Know

- The number of cigarettes you can safely smoke per day is 0!
- Second Hand Smoke . . . How much can you safely breathe?
- 1-800-QUIT NOW

Diabetes and Death from Heart Disease

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

Diagnosed Diabetes InAlabama
By Race And Gender in 2007

Race And Gender	Percent
WM	9.9%
WF	9.4%
BM	11.4%
BF	13.4%

BRFSS

Diagnosed Diabetes In Alabama
By Age Groups in 2007

Age Group	Percent
18_24	0.8%
25_34	4.3%
35_44	5.6%
45_54	9.7%
55_64	19.0%
65+	20.9%

BRFSS

Specific Risk Differences in Women

- Age
  - African American women ages 55 - 64 are twice as likely to have an MI (heart attack) as white women

Specific Risk Differences in Women

- Race
  - 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

    – Johnson & Manson (2005)

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
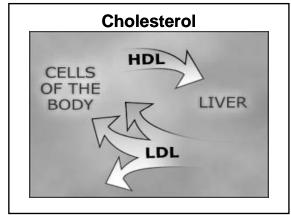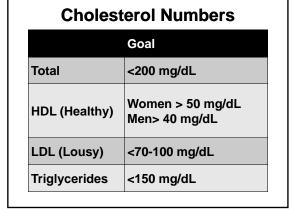
Women Smokers

- 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

Blood Pressure Numbers

- Normal
  - < 120/80 mmHg
- Pre-hypertension
  - 120-139/80-89 mmHg
- High blood pressure
  - 140/90 mmHg or >

    – JNC7 Guidelines

Cholesterol

Cholesterol Numbers

	Goal
Total	<200 mg/dL
HDL (Healthy)	Women > 50 mg/dL Men> 40 mg/dL
LDL (Lousy)	<70-100 mg/dL
Triglycerides	<150 mg/dL

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

Diabetes Numbers to Know

- Diabetes increases your risk of heart disease

- "Pre-diabetes" is a blood glucose level of 100 - 125 mg/dL

- Diabetes is a blood glucose level of 126 mg/dL or higher

- A1C should be 3.5 - 4.5

Obesity Numbers to Know

- High-risk waistline
  - 35 inches or more for women
  - 40 inches or more for men

Large Waistlines

- A Danish study published in the journal *Circulation* showed a woman was nearly five times more likely to die of heart disease if she had both a large waist and a high level of fat in her blood

Large Waistlines

"The higher your level of blood fats, the greater your risk of developing a clot significant enough to block blood flow to your heart."

– Helene Glassberg, MD, Director,
The Preventive Cardiology and Lipid Center,
Temple University School of Medicine, Philadelphia, PA

Join *You're the Cure* Network

- Heart disease and stroke
  - You're the cure!
  - www.americanheart.org/yourethecure

Oops! What Did 'Ya Go and Do that For?

Motorcycles Use Extreme Caution

What is Stroke?

- A stroke occurs when blood flow to the brain is interrupted by a blocked or burst blood vessel

Stroke

- Two main types of stroke
  - Ischemic
    - Blocked blood vessel
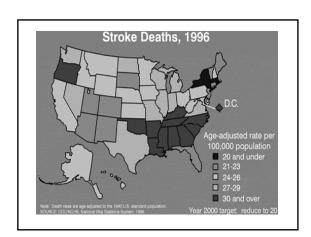 - Hemorrhagic
    - Burst blood vessel

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/Speech**
  - **Trouble seeing with one or both eyes**
  - **Trouble speaking**
- **T = Time**
  - **Time is brain lost**
  - **Act fast and call 9-1-1**

Krispy Kreme Store Locations

No Store
Krispy Kreme Stores

Common Sense

What is the Impact of Stroke?

- **Stroke is a major cause of serious, long-term disability**
- **On average, someone suffers a stroke every 45 seconds**
- **About 800,000 Americans suffer a new or recurrent stroke each year**
- **On average, every 3 to 4 minutes someone dies of a stroke**

What is the Impact of Stroke?

- **About 4.5 million Americans are stroke survivors**

For the Diabetic Stroke Means

- **Diabetics have 2 - 4 times an increased risk for having a stroke if they smoke**
- **200,000 people are living with diabetes, but they don't know they have it**

Three Hour Window

- **tPA can help**
  - **This is an IV medication that can help as a clot buster**
  - **This 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**

The 3 R's

- **Reduce the risk of stroke**
- **Recognize the warning signs of stroke**
- **Respond immediately to stroke**

2005 Stroke Survey

- **53% respondents have hypertension diagnosed in their family and 41% have diabetes in their family**
- **Percent believing to be at little or no risk**
  - **Hypertension = 66%**
  - **Diabetes = 72%**
  - **Stroke = 73%**

2005 Stroke Survey

- **Percent feeling knowledgeable about stroke = 70%**
- **Percent giving an incorrect definition of a stroke = 75%**
- **Percent feeling stroke would have a high impact on their quality of life = 88%**

2005 Stroke Survey

- **Conclusions**
  - High realization, but not personalizing the risk to themselves

Share Your Power

- **Become a Power to End Stroke Ambassador**
- **Teach the warning signs of stroke**
- **Involve your place of worship**
- **Healthy Soul Food Cookbook**
- **Family reunion kits**
- **Family health history tree**

Heart Attack Warning Signs

- **If someone is experiencing a heart attack call 9-1-1!**

Classic Symptoms of MI Heart Attack

- **Squeezing chest pain or pressure**
- **Shortness of breath**
- **Sweating**
- **Tightness in chest**
- **Pain spreading to shoulders, neck, or arm**

Symptoms of MI for Women

- **Indigestion or gas-like pain**
- **Dizziness, nausea, or vomiting**
- **Unexplained weakness, fatigue**
- **Discomfort/pain between shoulder blades**
- **Recurring chest discomfort**
- **Sense of impending doom**

Symptoms of MI for Women

- **Extreme fatigue**

- **Sleep disturbances**
  - *American Academy of Family Physicians (2006)*

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**

Stress Is a Factor

- **Women are busier than ever**
  - **Balancing demands of a full-time job with family, elderly parents**
  - **Caring for a sick child during sleepless nights**
  - **Do you ever get stressed?**

Ways to Deal with Stress

- **Positive self-talk**
- **Learn to say NO!**
- **Daily relaxation**
- **Learn deep breathing**
- **Clear the mind**

Ways to Deal with Stress

- **Set your watch five to 10 minutes ahead**
- **Escape to a "happy" place**
  - **Guided imagery**
- **Do something nice for yourself**

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

- **Belief that heart disease is a male problem**
- **Misinterpretation of symptoms**
- **They treat themselves first at home (self-diagnose) – take something for pain or indigestion**

Reasons for Delays

- **Desire to maintain control, concerns for loved ones, and competing social roles**

  – **Ashton (1999) and Higginson (2008)**

Learn Your ABCs

- **A – aspirin use**
- **B – blood pressure**
- **C – cholesterol**
- **S – smoking cessation**

Learn Your ABCs

- A – aspirin use
  - Ask your provider about taking:
    - One baby aspirin (81 mg) everyday
    - One regular aspirin (325 mg) every other day

Learn Your ABCs

- B – blood pressure
  - Normal <120/80

Learn Your ABCs

- C – cholesterol control
  - Ask your provider how often to check your cholesterol
  - Normal total <200
  - LDL <100

Learn Your ABCs

- S – smoking cessation
  - Research shows using a quitline with medication increases abstinence rates
  - Alabama Quitline

Heart Healthy Living

- Avoid foods high in saturated fats
- Limit salt intake
- Fruits and vegetables
  - 5 is FINE
  - 9 is DIVINE

Heart Healthy Living

"When I was your age, I had to *walk* to the TV . . ."

Exercise Numbers to Know

- Get 30 minutes or more of moderately intense physical activity everyday

Points to Remember

- Know your numbers
  - LDL, HDL, B/P, Waist Size
- Exercise
- Reduce stress
- Be FAST
- Women different symptoms
- Learn your ABCs

Making a Difference, One Life at a Time

Cardiovascular Health Branch

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