

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

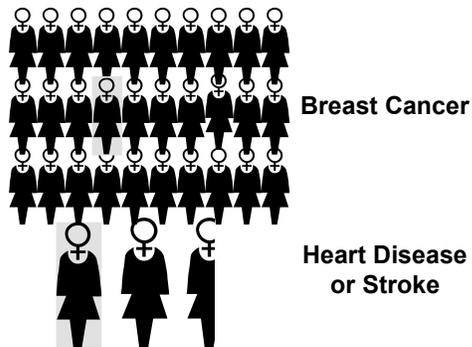
Dusty Young
Cultural Health Initiatives Director
American Heart Association

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



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



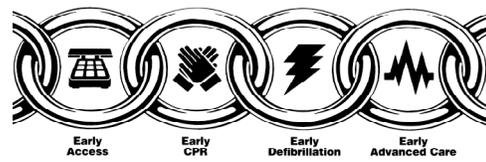
Less Common Signs of Heart Attack

- 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?

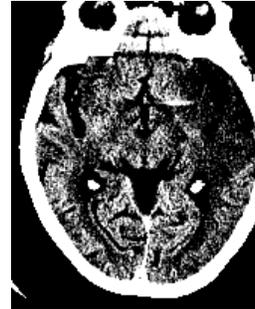
- A stroke happens when blood flow to the brain is interrupted by a blocked (clot) or burst blood vessel



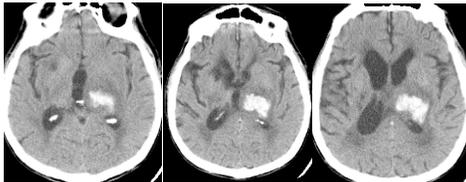
Different Types of Stroke

- 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

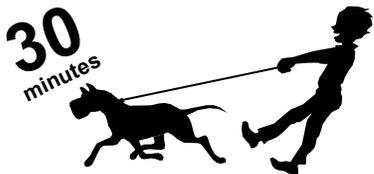
Risk Factors that CAN be Changed

- 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

Thank You

**American Heart Association
American Stroke Association
448 South Lawrence Street
Montgomery, AL 36104
(334) 223-1700**