

Cardio Tool Introduction

Satellite Conference and Live Webcast
 Monday, May 2, 2011
 2:00 - 4:00 p.m. Central Time

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

Faculty

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

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

– Sir Roger Bannister, 1954
 1st man to run a mile under 4 minutes

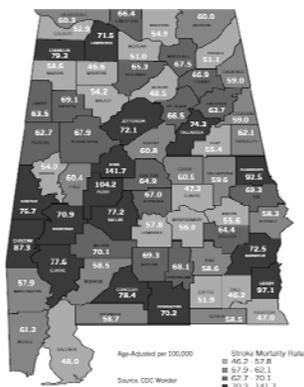
CVD Mortality Rate in Alabama

by County
 2002-2006
 Combined



Stroke Mortality Rate in Alabama

by County
 2002-2006
 Combined



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

Incidence of Heart Disease

- 64% of deaths have no signs or symptoms
- 80% are preventable

Incidence of Stroke

- Every 45 seconds someone is having a stroke
- Every three minutes someone is dying from one

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 - 4 minutes someone dies of stroke

What is the Impact of Stroke?

- About 4.5 million Americans are stroke survivors

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

Diabetes and Heart Disease Risk

- Twice as likely to have a heart attack or stroke (2011)

On ABCS, the U.S. Gets an “F”

- A – Aspirin
 - People at an increased risk of CVD who are taking aspirin – 33%
- B – B/P
 - People with hypertension who have adequately controlled B/P – 44%

On ABCS, the U.S. Gets an “F”

- C – Cholesterol
 - People who have controlled their hyperlipidemia – 29%
- S – Smoking cessation
 - Smokers who tried to get help – 20%
 - Despite spending nearly \$1.00 out of every \$6.00 on health care

ABCS, Heart Disease and Stroke

- A – Aspirin
 - Ask your provider about taking:
 - One baby aspirin daily (81 mg)
 - One regular aspirin every other day (350 mg)

ABCS, Heart Disease and Stroke

- B – Blood pressure treatment and control
 - < 120/80 mm Hg
 - Consume less than 2,300 mg sodium (preferably 1,500 mg)

ABCS, Heart Disease and Stroke

- C – Cholesterol
 - Ask your provider about checking your cholesterol
 - Total cholesterol < 200
 - LDL (bad) cholesterol < 100

ABCs, Heart Disease and Stroke

- **S – Smoking cessation**
 - Research shows using a quit line with medications increases the rate of cessation
 - Call: 1 - 800 - QUITNOW

Learn Your ABCs

- **A – Aspirin Use**
 - Ask your provider about taking:
 - One baby aspirin (81 mg) everyday, or
 - One regular aspirin (325 mg) every other day

Learn Your ABCs

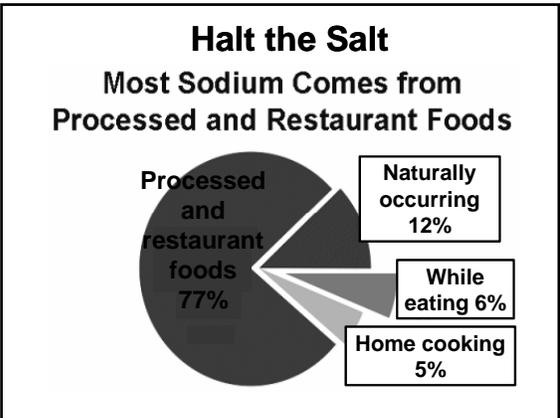
- **B – Blood Pressure**
 - Normal < 120/80
 - Decrease sodium consumption (less than 1,500 mg in most cases)

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 quit line with medication increases abstinence rates
 - Alabama QUITNOW!
 - 1 - 800 - 784 - 8669
 - alabamaquitnow.com



Halt the Salt

Salt is found where?



Where's the Salt? Question #1

- The words SALT and SODIUM are NOT the same?
 - True?
 - False?

True!

- The words salt and sodium are not quite the same yet these words are used in place of each other
 - EXAMPLE: Nutrition label says sodium, but the front of the package states “low salt”

Question #2

- Most of the salt that we eat is added to our foods from the salt shaker during cooking or during a meal.
 - True?
 - False?

False

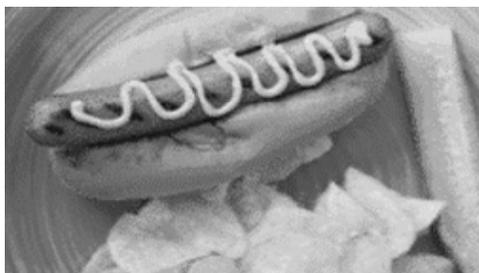
- About 75% of sodium we consume comes from processed and restaurant food
 - Less than 7% is used during cooking or at the table, and the rest is naturally in the foods

Halt the Salt

- Consume less than 1,500 mg if:
 - You are 51 years of age or older
 - You are African American
 - You have high blood pressure
 - You have diabetes
 - You have chronic kidney disease
- 2 out of 3 Americans fall into one of these groups (69%)

Take Me Out to A Ball Game

Read labels!



Question #3

- Canned foods such as green beans, corn, and tomatoes have more salt per serving than fresh or frozen vegetables?
 - True?
 - False?

True

- Canned vegetables have more salt than fresh or frozen unless you choose “no salt” added products

Question #4

- A muffin can have more salt than a bag of potato chips.
 - True?
 - False?

True

- Salt content in foods can vary
- We have to read nutrition labels

Learn to Read Nutrition Labels

Nutrition Facts

Serving Size 1 slice (47g)
 Servings Per Container 6

Amount Per Serving **Calories from Fat 90**

Calories 160

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 8%
Thiamin 8%	Riboflavin 6%
Niacin 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
 5% or less is low
 20% or more is high

Question #5

- Foods can have a high salt content and not even taste salty.
 - True?
 - False?

True

- Salt is hidden in foods that will surprise you!
 - Salad dressing – Bread
 - Cheese – Pickles
 - Pasta sauces – Tomato juice

Hypertension is...

- Relatively easy to prevent
- Simple to diagnose
- Easy to treat

Why Control Blood Pressure?

- Protect the kidney
- Slow the progress of kidney disease DKD
 - Vague symptoms include:
 - Fluid build-up
 - Poor appetite
 - Upset stomach

Why Control Blood Pressure?

- Weakness
- Loss of sleep
- Difficulty concentrating
- Preventable with control of BS and BP

Question #6

- For the most part, people should not have more than one teaspoon of sodium a day.
 - True?
 - False?

True

- Dietary recommendations for Americans is one teaspoon, approximately 2,300 mg
 - Special groups need less than that

Question #7

- People who have high blood pressure should limit their intake of sodium to 1,500 mg per day.
 - True?
 - False?

True

- People in the following groups should lower their intake of sodium to 1,500 mg/day:
 - Age 40 and above
 - African Americans
 - People who have high blood pressure

Stress Management



Stress Management

- 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?

Stress Management

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

Stress Management

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

Stress Management



“When I was your age, I had to WALK to the TV...”

Question #8

- Reducing the amount of salt in your diet can lower your blood pressure.
 - True?
 - False?

True

- Yes, reducing sodium can lower your blood pressure
- In addition, this can also lower your risk of heart disease and stroke even for the people without high blood pressure!

Question #9

- When you lower your salt intake, your blood pressure can drop in a matter of years.
 - True?
 - False?

False

- Blood pressure can respond to lower salt intake in a matter of just weeks

Obesity Numbers to Know

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

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 of the Preventive Cardiology and Lipid Center at Temple University School of Medicine, Philadelphia

Question #10

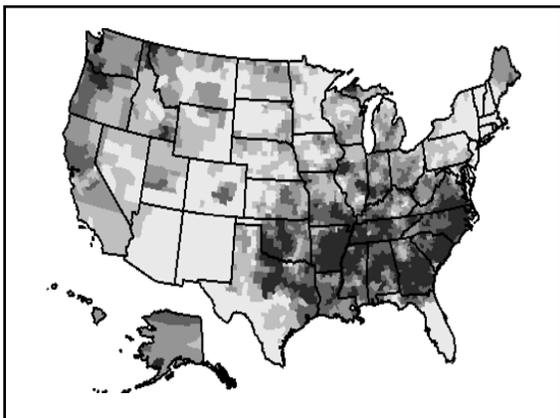
- You can lower your sodium intake by reading nutrition labels while you shop and comparing.
 - True?
 - False?

True

- There are many things you can do to control sodium intake:
 - Know your daily recommended sodium limits
 - Choose fresh fruits and vegetables
 - Read nutrition labels
 - Choose food low in sodium

True

- Ask for food with no salt or low in sodium when eating at restaurants



American Stroke Association Power to End Stroke Cause Initiatives Overview

I'M REAL

Discover passion in everything you do:
Embrace Our Cause

Presented by: **Dusty Young**

American Stroke Association
know and live

June 15, 2010: Stroke

July 10, 2010: Preaching at Granddaughter's Wedding



Websites

- **ADPH CVH Branch Website**
– <http://www.adph.org/cvh>
- **CDC Salt Website**
– <http://www.cdc.gov/salt>
- **CDC High Blood Pressure Website**
– <http://www.cdc.gov/bloodpressure>

Websites

- **National Heart Lung and Blood
Institute Heart Healthy Cookbook**
– http://hp2010.nhlbihin.net/healthy_eating