

HEALTH PROMOTION INITIATIVE BULLETIN

February 2007

CARDIOVASCULAR DISEASE

What is Cardiovascular Disease?

- Diseases of the heart or blood vessels including cerebrovascular disease such as stroke.

Types of Cardiovascular Disease:

- Heart Disease
- Stroke
- Congestive Heart Failure
- Hypertension
- Coronary Heart Disease
- Atherosclerosis
- Angina
- Coronary Artery Disease



FACTS ABOUT CARDIOVASCULAR DISEASE

Cardiovascular Disease (CVD) is the nation's leading killer of both men and women across all racial and ethnic groups. One in five Americans has some form of cardiovascular disease. In fact, coronary heart disease is our country's single leading cause of death. Stroke is No 3.

Much of the death and disability from CVD is preventable. If we focus on realistic ways of reducing risk, we can decrease the number of Georgians who die from cardiovascular disease. One way to reduce the risk of CVD is to advocate for healthier communities and following treatment recommendations.

Live Heart Healthy



- *Get Checked!* Get regular check-ups and take an active role in your health. Also monitor your blood pressure and cholesterol.
- Maintain a body mass index (BMI) of less than 25 kg/m²
- *Be Active!* Incorporate physical activity into your daily routine.
- *Be Smoke Free!* Call the Georgia Tobacco Quit Line 1-800-QUIT-NOW or sign up for smoking cessation classes.
- Drink alcohol in moderation
- *Eat Healthy!* A diet consisting of high intakes of fruits and vegetables, cereal fiber, meat (chicken and fish), nuts, legumes, and low trans and saturated fats.
- Be Positive!



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Risk Factors

Many Americans are at risk for cardiovascular disease and don't know it. As our understanding of heart diseases grows, so does our understanding of risk factors. Research has shown there are major risk factors that are not able to be changed that are definitely associated with increases in heart disease. Then there are other risk factors that can be changed to lower your risk of heart disease.

Major risk factors that can't be changed:	Risk factors that can be changed:
<ul style="list-style-type: none"> • Heredity (including race) - Children with parents with cardiovascular disease are more likely to develop it. African-Americans have more severe hypertension than whites. • Gender - Men have a greater risk of heart attack than premenopausal women, and have attacks earlier in life. • Increasing age - About four out of five people who die of a heart attack are over 65. <div data-bbox="203 871 738 1564" style="text-align: center;"> </div>	<ul style="list-style-type: none"> • Cigarette/tobacco smoke - Cigarette smoking is the biggest risk factor for sudden cardiac death. Smokers' risk of heart attack is more than twice that of nonsmokers. • High blood cholesterol levels - As blood cholesterol levels rise, the risk of coronary disease increases. The risk increases more when other factors such as high blood pressure and cigarette smoke are present. • High blood pressure - As High blood pressure increases, it causes the heart to work harder, enlarge, and weaken. The risk of stroke, heart attack, kidney failure, and congestive heart failure increases. The risk of heart attack increases several times for a person with high blood pressure who is an overweight smoker with high cholesterol levels or diabetes. • Physical inactivity - If done regularly, low levels of low intensity physical activity are beneficial. Exercise can help control blood cholesterol, diabetes, obesity, and lower blood pressure. • Obesity - People who are obese are more likely to develop heart disease because excess weight increases the strain on the heart ; it influences blood pressure and cholesterol, and can lead to diabetes. • Stress - the relationship between coronary heart disease and chronic stress has been noted by scientist. • Substance abuse - People who abuse cocaine and alcohol put themselves at risk for heart disease.

Source: American Heart Association

Celebrate Heart Month February 1– 28, 2007



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