



HEART HEALTH

Love Your Heart: 10 Tips to a Healthier Heart



AGENDA

1. Facts and how the heart works
2. Uncover heart disease risk factors
3. Learn how to reduce your risk
4. Q & A

DID YOU KNOW...

- ✓ The heart weighs less than 1 pound
- ✓ The average person's heart beats around 115,000 times a day
- ✓ Stretched out, there are almost 60,000 miles of blood vessels in the human body
- ✓ The heart pumps about 2000 gallons of blood daily



DO YOU KNOW YOUR HEART RATE? SELF-CHECK!

Normal resting HR range:

60 – 100 beats per minute (bpm)

- Find pulse on wrist or neck with 2 fingers
- When counting – begin with 0
- $HR = (\# \text{ of beats in 15 sec}) \times 4$



ANATOMY OF THE HEART

Your heart is the size of your clenched fist

4 chambers:

2 top chambers, 2 bottom chambers

4 valves:

2 pressure controlled; 2 muscle controlled

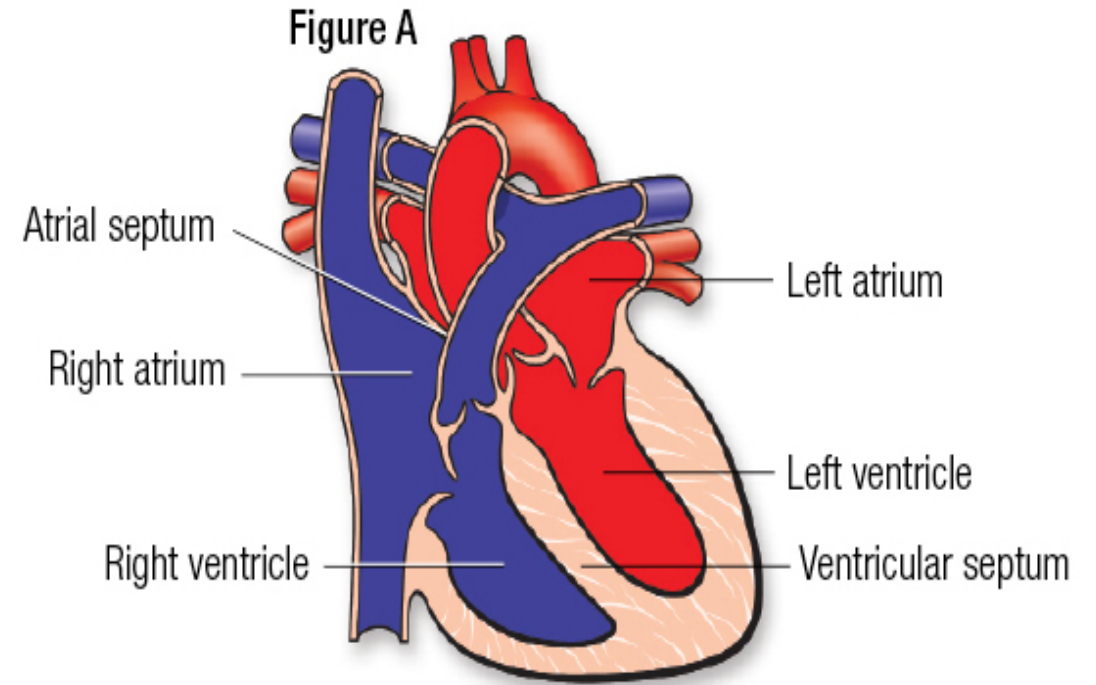


Image: heart.org

WHAT IS HEART DISEASE?

About **630,000 Americans** die from heart disease each year: **1 in every 4 deaths**.

But what is heart disease?

Hardening of the arteries

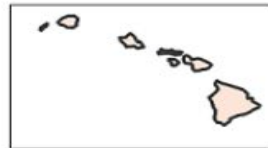
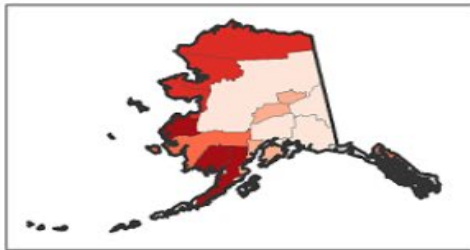
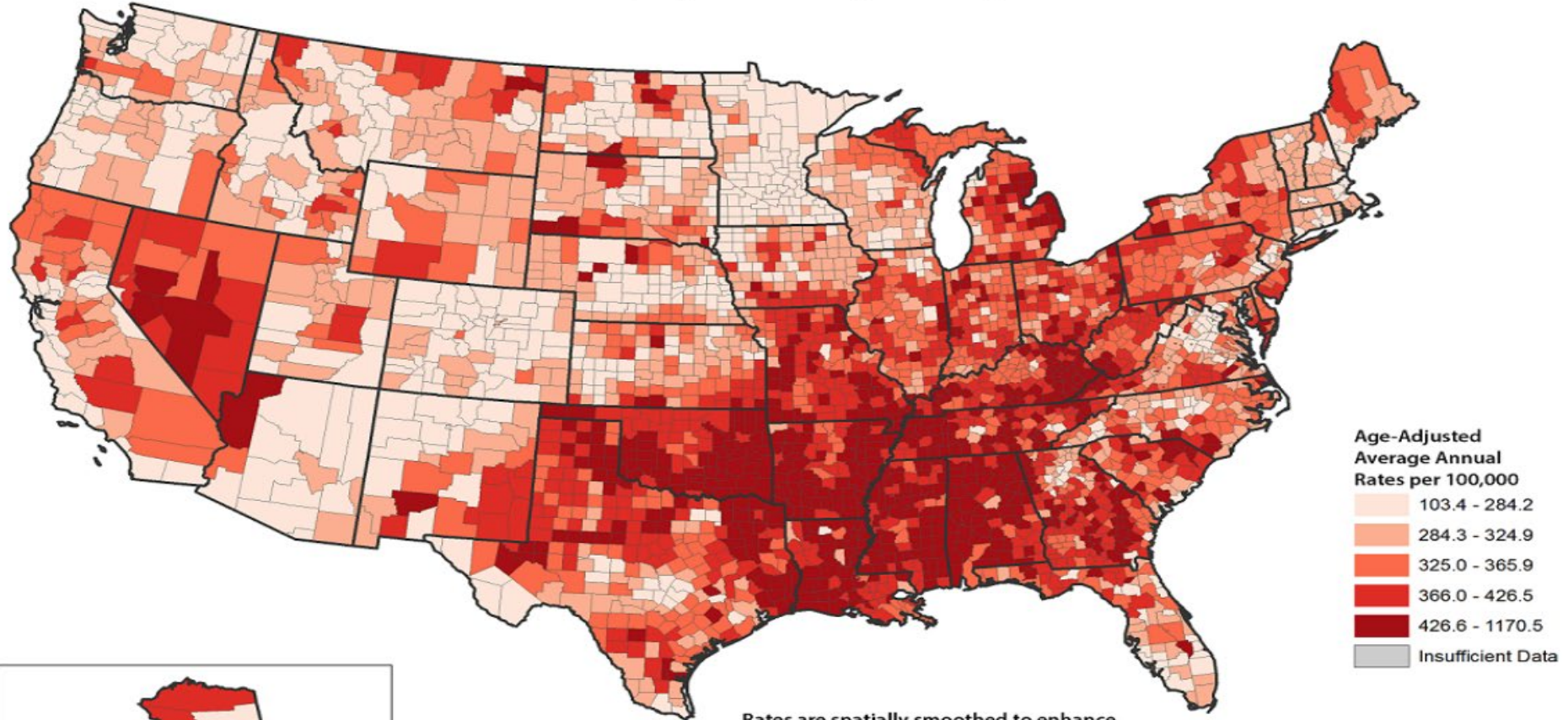
Heart attack

Valve problems

Heart failure

Unusual heart rhythms

Heart Disease Death Rates, 2014-2016 Adults, Ages 35 +, by County



Rates are spatially smoothed to enhance the stability of rates in counties with small populations.

Data Source:
National Vital Statistics System
National Center for Health Statistics
www.cdc.gov/dhdsp/maps



HEART DISEASE RISK FACTORS

NON-MODIFIABLE

- Age
- Gender
- Family history
- Race

MODIFIABLE

- Elevated blood pressure
- Elevated cholesterol
- Smoking
- Diabetes
- Sedentary lifestyle
- Unhealthy diet



HOW TO REDUCE YOUR RISK

REDUCE YOUR RISK

TIP #1 - EVALUATE YOUR FAMILY HISTORY

Look to see if there is known heart disease

- before age 55 in father or brother
- before age 65 in mother or sister

REDUCE YOUR RISK

If heart disease runs in my family, does that mean I am doomed?

- **Absolutely not!**
- While you can't counteract your genes, you can modify your risk.
- Lower your risk - change behaviors



REDUCE YOUR RISK

TIP #2 - KNOW YOUR NUMBERS

Have your blood pressure tested.

Understanding your numbers is key to controlling high blood pressure.



Resource: American Heart Association

REDUCE YOUR RISK

Blood pressure category	Systolic	Diastolic
Low Risk	<120	<80
Moderate Risk	120-139 (120-149 for adults 60 and older)	80-89
Hypertension	≥ 140 ($\geq 150/90$ for adults 60 and older)	≥ 90

REDUCE YOUR RISK

HOW'S YOUR CHOLESTEROL?

Cholesterol is a fat-like substance produced by the liver. It is elevated by poor lifestyle habits including a poor diet, little activity, smoking, alcohol, and stress.

Lower your chances of getting heart disease or having a stroke by keeping your cholesterol levels healthy.



REDUCE YOUR RISK

LDL Cholesterol- “*bad*” - can build up in your blood vessels over time

Low Risk (< 130 mg/dl)	Moderate Risk (130-159 mg/dl)	High Risk (≥ 160 mg/dl)
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HDL Cholesterol- “*good*” - helps remove plaque build-up in our arteries

Men	Low Risk (> 60 mg/dl)	Moderate Risk (40-59 mg/dl)	High Risk < 40 mg/dl
Women	Low Risk (> 60 mg/dl)	Moderate Risk (50-59 mg/dl)	High Risk < 50 mg/dl

REDUCE YOUR RISK

DO YOU KNOW YOUR BLOOD SUGAR (GLUCOSE) LEVEL?

Glucose is a major source of energy for most cells of the body

A blood glucose test screens for pre-diabetes and diabetes

	Fasting Blood Glucose Range	Non-Fasting Blood Glucose Range
Low Risk	<100 mg/dL	<140 mg/dL
Moderate Risk	100-125 mg/dL	140-199 mg/dL
Higher Risk	≥126 mg/dL or higher	≥200 mg/dL

REDUCE YOUR RISK

TIP #3 - WEIGHT IS A FACTOR!

- An estimated 70% of US adults are overweight or obese
- Excess weight = Extra work for your heart



REDUCE YOUR RISK

WHAT IS A HEALTHY WEIGHT?

Our goals:

- BMI < 25
- Waist < 40 in. for men
- Waist < 35 in. for women



Reducing your weight by 5% - 10% is proven to decrease your chance for developing heart disease

Ex: 280 lbs. X 0.05 = 14lbs

REDUCE YOUR RISK

TIP #4 - BE ACTIVE

Make it a goal to be more active daily!

- Sitting around all day is an independent risk for heart disease

Reduce your risk by getting up for 5 minutes once every hour



REDUCE YOUR RISKS

Cardiovascular Exercise:

- Running, biking, swimming, power walking
- Lowers heart rate and blood pressure

Goal: 150 minutes of moderate intensity per week

- 22 minutes, 7 days/week
- 30 minutes, 5 days/week
- 50 minutes, 3 days/week



REDUCE YOUR RISKS

Resistance Exercise

- Weight machines, free weights, body weight exercises
- Fewer heart related incidents, easier to move

Who needs equipment? The best tool is your body!

- Goal: 2-3 days per week



Performing 1 set of each exercise can improve muscle strength and size!

REDUCE YOUR RISKS

TIP #5 - EVALUATE YOUR EATING HABITS

Mediterranean Diet Study

- helps prevent heart disease
- can improve life of those with a heart related incident



MEDITERRANEAN DIET

FOCUS ON EATING:

- * Vegetables * Fruits * Nuts * Seeds *
- * Legumes * Whole grains * Herbs *
- * Spices * Fish/seafood *
- * Healthy fats *

Eat in moderation:

Poultry, eggs, cheese, yogurt

Eat only rarely:

Red meat

Don't Eat:

Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods

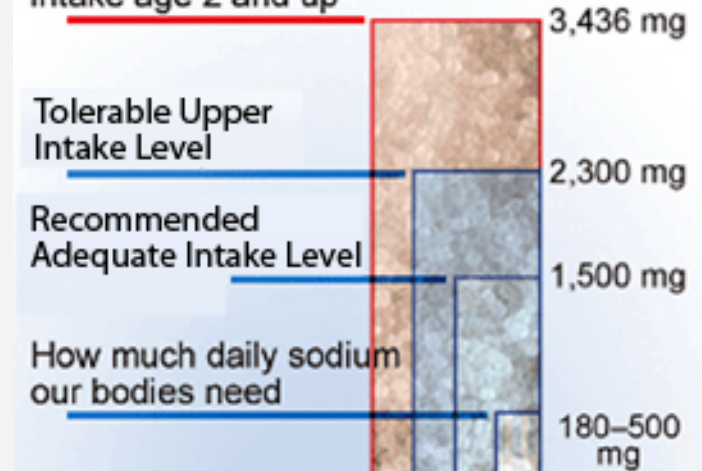
REDUCE YOUR RISKS

TIP #6 - BE MINDFUL OF THE SALTSHAKER



Sodium Facts, United States

Average daily sodium intake age 2 and up



Decreasing sodium intake could prevent thousands of deaths annually.[^]

[^]Because nearly 400,000 deaths each year are attributed to high blood pressure.

REDUCE YOUR RISKS

TIP #7 - MONITOR YOUR ALCOHOL INTAKE

Risk factors:

Increases blood pressure

Raises fat levels in blood

Leads to excess weight gain

Damages the heart muscle

1 serving of alcohol/day for men
and women



1 serving = 12 oz beer, 5 oz wine, or 1.5
oz spirits

REDUCE YOUR RISKS

TIP #8 - SET A QUIT DATE

Smoking risk factors:

- Elevates blood pressure
- Accelerates hardening of vessels
- Blocks arteries of heart and body
- Increases chances of stroke/heart attacks



Almost immediately after you quit smoking, your risk of a heart attack starts to drop, and your lungs and other smoke-damaged organs start to repair themselves.

REDUCE YOUR RISKS

TIP #9 - MANAGE YOUR STRESS

Stress-related symptoms:

- Increased blood pressure & heart rate
- Aches, pains, tense muscles
- Low energy
- Trouble sleeping, insomnia
- Frequent colds/illness
- Moodiness, constant worrying

Medical professionals estimate that between 75-90% of all primary care visits are stress related.

REDUCE YOUR RISKS

STRESS MANAGEMENT STRATEGIES

ACTIVE RECOVERY	PASSIVE RECOVERY
Gentle exercise or stretching	Meditation
Yoga	Deep breathing
Hobbies	Puzzles
Playing games	Reading
	Positive reflection

Regular meditation can naturally lower blood pressure.

HEART ATTACK: TOP SIGNS

TIP #10 - KNOW WHEN TO SEEK HELP

Angina/chest discomfort

Pain that spreads to the shoulders, arm, neck, jaw, throat, back

Nausea, indigestion, heartburn, or abdominal pain

Shortness of breath



Women are more likely to experience neck and or jaw pain

HEART ATTACK

TOP SIGNS AND SYMPTOMS

- Cold sweat
- Dizziness or lightheadedness
- Irregular heartbeat
- Sudden weakness (get exhausted easily)
- Unexplained fatigue
- Swollen legs, ankles, feet



SUMMARY

- Know your family history and your numbers
- Move more - exercise is medicine !
- Create healthy eating habits
- Plan to reduce and quit smoking for good
- Learn to manage stress
- Know the signs and symptoms of a heart attack



VIRGIN PULSE CAN HELP!

SIMPLE WAYS TO USE VIRGIN PULSE PROGRAMS

- **Virgin Pulse Journeys:** Choose “Staying Active” or “Eating Healthy” to find out more ways to stay heart healthy
- **Health Coaching:** Schedule an appointment with a health coach to explore techniques that may help you manage your heart health!



Your HealthMap

Your path to better health is unique. That's why no one else has a HealthMap quite like yours. Explore options designed just for your health status, your numbers, your preferences and more.

RESOURCES

Check your risk of heart attack with “Framingham risk calculator”:

<https://www.nhlbi.nih.gov/health-pro/guidelines/current/cholesterolguidelines/quick-desk-reference-html/10-year-risk-framingham-table>

Find more information on high salt content foods at:

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm315393.htm>

CDC

Mayo Clinic

WebMD

Healthline

THANK YOU

