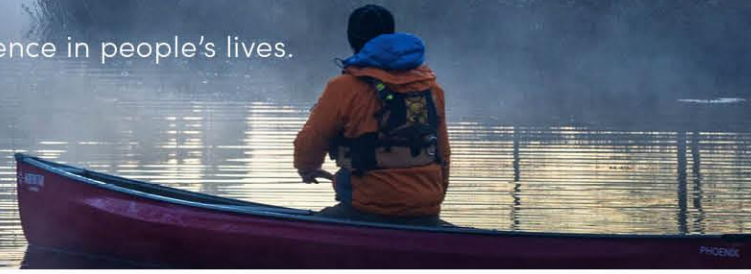


We are called to make a healthy difference in people's lives.



Heart Health Community Education

Ryan Telford BSN, RN
Essentia Health
Chest Pain Center & STEMI Program Manager



Essentia Health

Content

- Heart Disease definition
- How does it affect you?
- Symptoms
- Risk Factors
- Your Heart Numbers
- Early Heart Attack Care





What is Heart Disease?

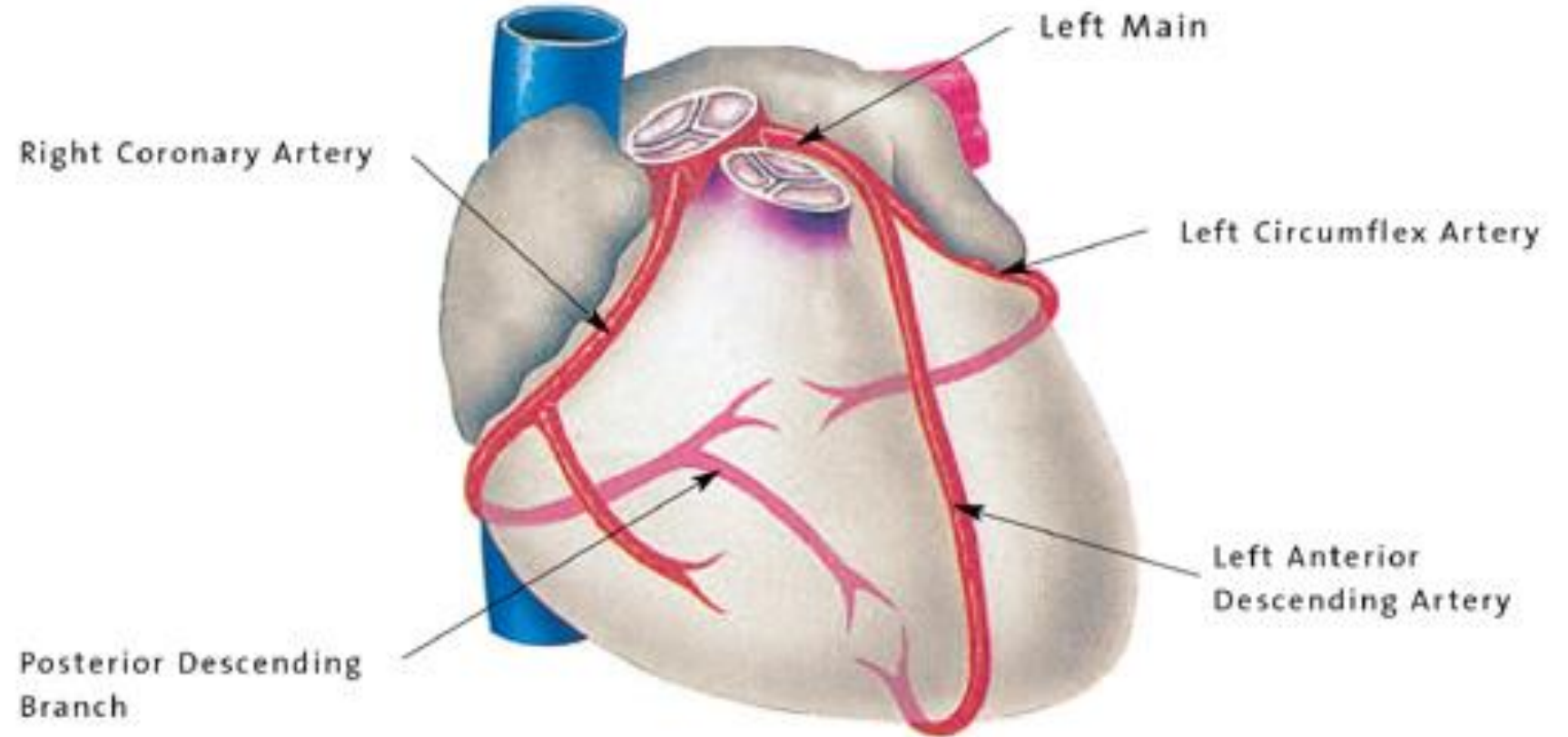
- A broad term used for a wide variety of diseases of the heart and blood vessels
- AKA: Coronary Artery Disease (CAD), Arrhythmias, and congenital defects of the heart
- Most common type is CAD
- Caused by inflammatory process



What is Heart Disease?

- Consists of fat, cholesterol, and/or calcium
- Causes a decrease in the size of, or completely block, the arteries → decreased blood flow to heart
- This can lead to a heart attack and increase your risk for stroke!

Anatomy of the Heart



Anatomy of the Heart

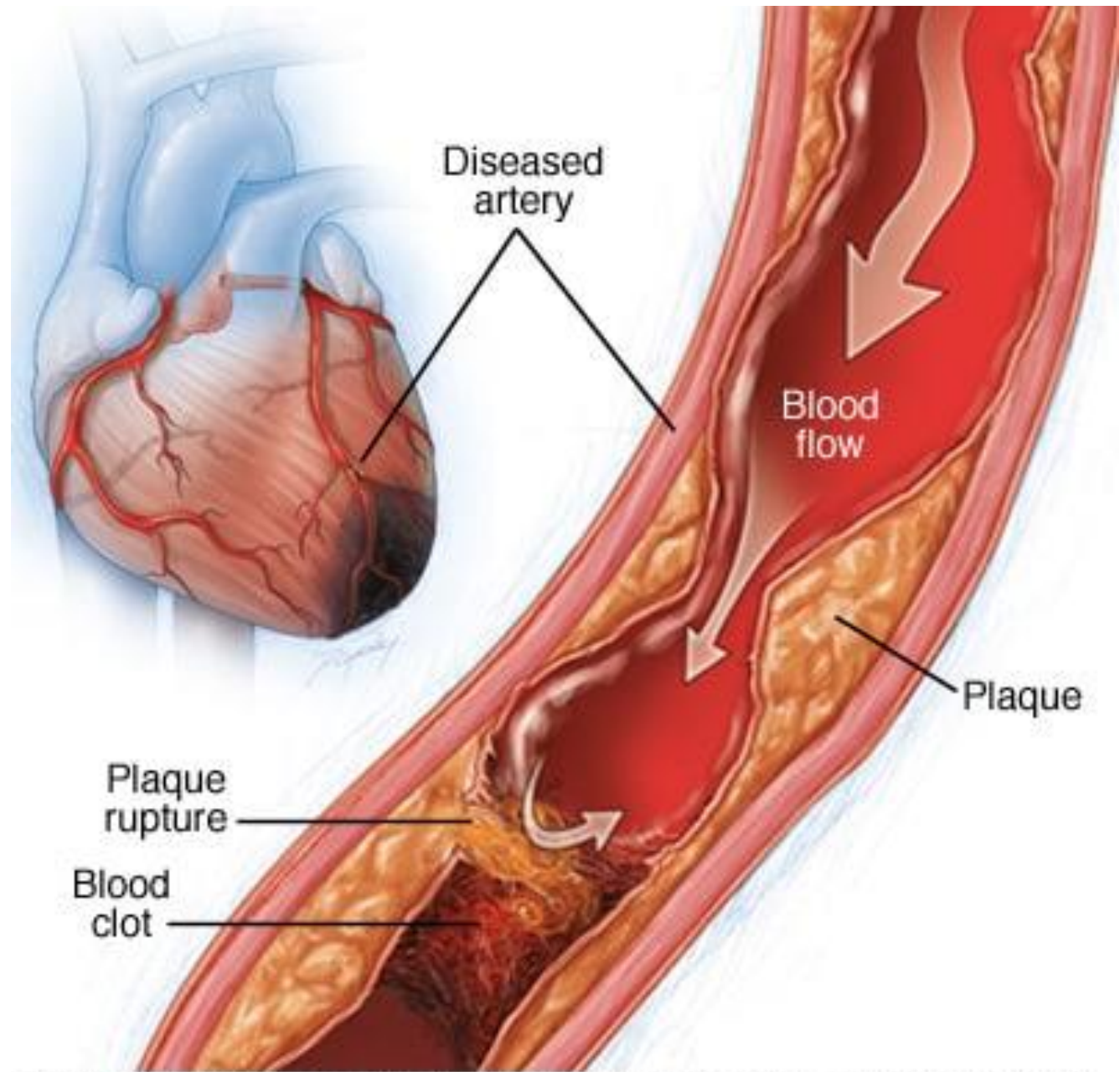
Normal



Blocked



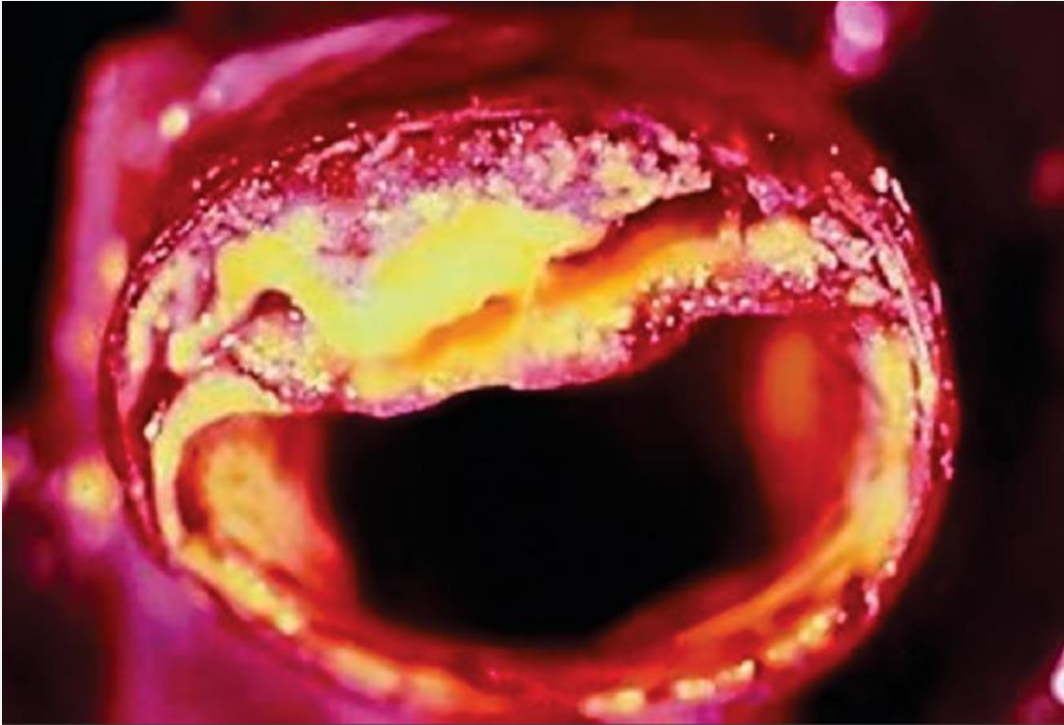
Anatomy of the Heart



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.



Anatomy of the Heart



A misty, blue-toned photograph of a forest with trees and fog, serving as a background for the top portion of the slide.

How does it affect you?

- Does your coat keep you warm if the zipper is broken?
- Does your TV remote function normally with old batteries?
- Same idea with your heart!

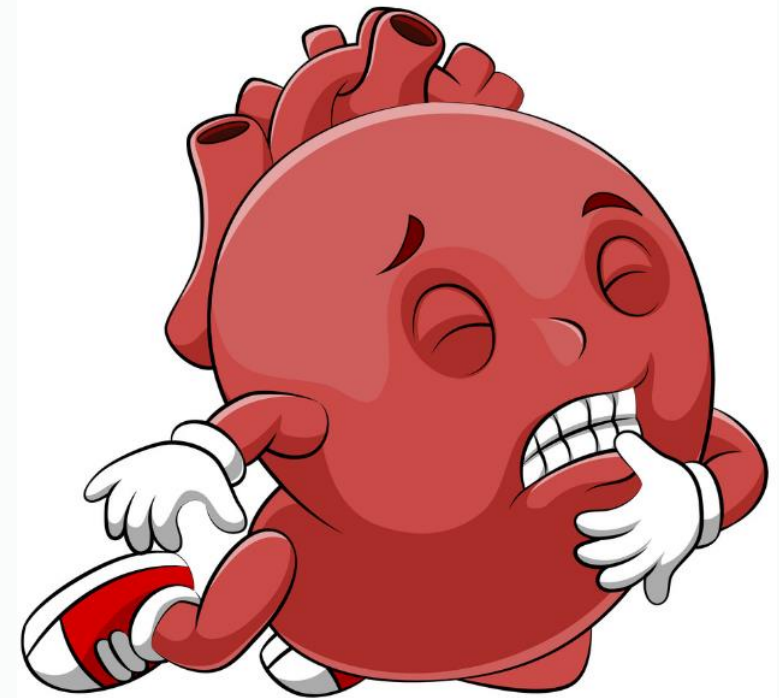


How does it affect you?

- If your heart isn't working as well and efficiently as it should, it might be telling you so
- You may feel differently or have difficulty doing things that were easy at one time
- As we get older, there is more “wear and tear” on our bodies

Symptoms of Heart Disease

What are some signs or symptoms you might experience with heart disease?



A person wearing a blue jacket and a backpack is sitting in a red canoe on a calm body of water. The water is reflecting the sky, which is a mix of blue and orange, suggesting a sunrise or sunset. There is a mist or fog on the water's surface. The person is looking away from the camera towards the horizon. A red rectangular overlay is positioned in the upper left corner of the image, containing the title text in white.

Symptoms of Heart Attack

- Chest pain → about 2/3 of us have pain
- Pain in jaw, shoulder, arm, or back
- Shortness of breath
- “Heartburn” or abdominal pain
- Nausea/vomiting
- Dizziness or lightheaded
- Sweating
- Restlessness or anxiety
- Bluish lips, hands, or feet
- Heavy pounding in the heart
- Loss of consciousness



Do men and women present with the same symptoms of heart attack? *Yes or No*

Not necessarily!

Women tend to have less obvious symptoms like mid back or abdominal pressure, dizziness, or nausea

Risk Factors

Modifiable

- High blood pressure
- Physical inactivity
- Weight control
- High cholesterol
- Diabetes
- Poor diet
- Tobacco or vaping

Non-Modifiable

- Age
- Gender
- Family History





Heart Numbers

Four Specific Cardiac Risk Factors:

- Blood pressure
 - Cholesterol
 - Blood sugar
- Body Mass Index (BMI)



Blood Pressure



- Silent problem
- Ideal
 - below 120 (top number)
 - below 80 (bottom number)
- Exercise, medications, less fat and salt, avoid tobacco



Cholesterol

- A fat like substance that helps make new cells, hormones, and Vitamin D
- Cholesterol Goal = $<200\text{mg}$
- HDL – good (goal = $>40\text{mg}$)
- LDL – bad (goal = $<70\text{mg}$)
- Triglycerides Goal = <150





Blood Sugar

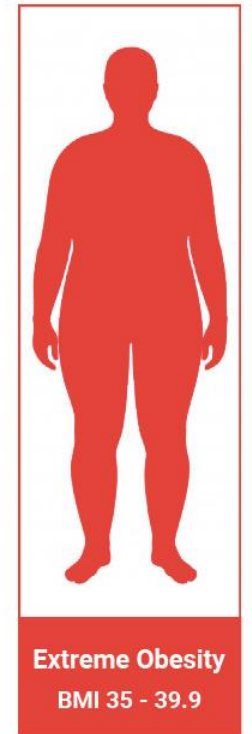
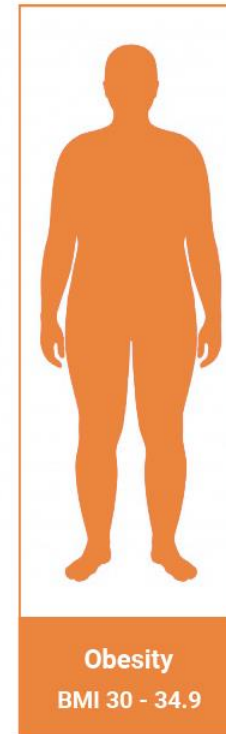
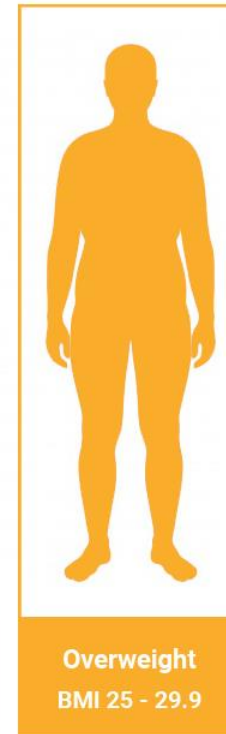
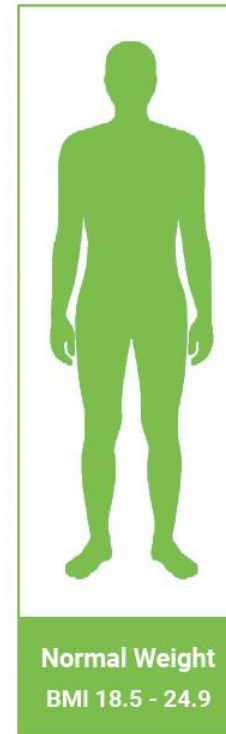
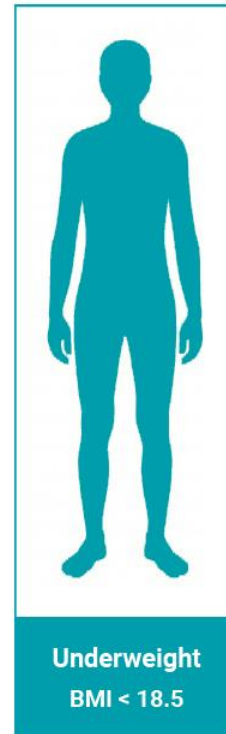


- Sugar is needed for cell and brain function
- Too much sugar is stored as fat
- Normal = $<99\text{mg}$
- Pre-diabetes = 100-125
- Type 2 DM = >125

Body Mass Index (BMI)

- A measure of body fat based on height and weight
- Your PCP can give you your BMI
- Higher BMI = higher risk for heart and vascular disease

BODY MASS INDEX





Early Heart Attack Care (EHAC)

- Public awareness campaign where the primary goal is to promote awareness that heart attacks have "beginnings" that can occur weeks before the actual attack.





EHAC

- EHAC focuses on intervention during these beginnings to help prevent acute myocardial infarction (heart attack) and cardiac arrest.
- Second goal of EHAC is to teach the public that individuals with heart attack symptoms must be evaluated and treated in an emergency department (ED) or Chest Pain Center.

85% of heart damage occurs within the first two hours of a heart attack

HEART ATTACK SYMPTOMS



A vertical photograph on the left side of the slide shows a person in a red canoe on a calm body of water. The person is wearing an orange jacket and a blue hood. The water is still, reflecting the sky and the surrounding forest. The sky is a mix of blue and orange, suggesting dawn or dusk. The forest on the opposite shore is dense with evergreen trees, and a layer of mist or fog hangs over the water.

In Summary

- Your heart is like anything else; you need to take care of it
- Recognize early signs and symptoms of heart attack. Take papers home!
- Know your numbers and get yearly checks with your PCP
- Activate 911 when suspecting heart attack symptoms



What questions do you have?