Heart Health
Community Education

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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
Anatomy of the Heart
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?
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 = <200mg**
- **HDL – good**  (goal = >40mg)
- **LDL – bad**  (goal = <70mg)
- **Triglycerides Goal = <150**
Blood Sugar

• Sugar is needed for cell and brain function

• Too much sugar is stored as fat

• Normal = <99mg
• 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
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

Sweating

Dizziness

Pain in chest, arms, neck, or jaw

Uncomfortable pain between shoulder blades

Shortness of breath

Shortness of breath

Heartburn or indigestion

Indigestion or gas-like pain

Unexplained fatigue & sleep disturbances
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?