

Healthy Heart Resource Guide



A Heartlinks Project by:



Linked in Friendship, Connected in Service
Patapsco River (MD) Chapter



WHAT IS HEART DISEASE?



According to the American Heart Association, cardiovascular - or heart -disease is the number 4 killer in America and the number 1 killer of women. The Centers for Disease Control estimates that heart disease causes 655,000 deaths in the United States each year, or about 1 in 4 deaths.

The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. Symptoms of heart disease vary. Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia (heart palpitation or “flutters”).

You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including diabetes, obesity, an unhealthy diet, lack of exercise, and excessive alcohol use.



HEALTHY HEART TIPS

EXERCISE FREQUENTLY

Walk. Run. Dance. Play. 30 minutes a day. 5 days a week.

REDUCE SODIUM & SALT INTAKE

Eat more fruits and vegetables, and use herbs and salt-free spices.

GET PLENTY OF QUALITY SLEEP

Aim for 7 to 8 hours of uninterrupted sleep each night.

EAT WHOLE, HEALTHY FOODS

A healthy diet reduces the risk for heart disease.

MANAGE YOUR STRESS.

Reducing stress improves health. Find activities that help you relax.

KNOW YOUR NUMBERS

High blood pressure and cholesterol are risk factors. Work with a doctor to keep numbers low.

Learn more about heart health at:

www.myplate.gov

www.hearttruth.gov

www.heart.org

www.stroke.org



HEALTHY EATING

Following a DASH diet and eating less sodium can help you lower your blood pressure and LDL cholesterol. (NHLBI/NIH)



DASH DIET



Source: National Heart, Lung and Blood Institute

M9-0383

The DASH diet (Dietary Approaches to Stop Hypertension) has been shown to help lower blood pressure and prevent heart disease, stroke, diabetes and even some forms of cancer. It focuses on eating more fresh fruits and vegetables.

This is a guide to how much of each food group you should eat every day, based on eating 2,000 calories per day.

For information only. Please discuss any specific diet plans with your health care provider.



HYPERTENSION FACTS



Healthy Blood Pressure for Healthy Hearts

Blood pressure higher than 130/80 mm Hg can cause serious health problems:

- **Heart disease**
- **Stroke**
- **Kidney disease**
- **Dementia**

Have your blood pressure checked at least once a year.



What puts you at risk for high blood pressure?



Age

Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Lifestyle habits

Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.



Race or ethnicity

While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Genes

High blood pressure often runs in families.



Sex

Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.

What steps can you take to lower your high blood pressure?



1 Set Targets

Work with your doctor to set blood pressure numbers that are healthy for you.

2 Take Control

Make lifestyle changes such as eating healthy, staying active, and watching your weight.

3 Work Together

Studies show that if you engage in heart healthy activities with others, you have a better chance of staying motivated.



NIH National Heart, Lung, and Blood Institute



www.nhlbi.nih.gov/hypertension



American Heart Association.
Healthy for Good™

CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out
without any special equipment

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:

Alternate cardio and strength exercises in short bursts of 30 seconds for up to 3 minutes, then repeat the circuit two to three times.



CARDIO EXERCISES

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees



STRENGTHENING AND STABILITY EXERCISES

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits



Learn more ways to add activity to your routine at
heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL



American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

6

Jumping jacks for 30 seconds

12

Stretch your hands high over your head

13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

10

Wall sits while reading



11

One-minute yoga

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

ABC **18**

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN

Nausea or vomiting



Jaw, neck or back pain



Squeezing chest pressure or pain



Shortness of breath



WOMEN



Nausea or vomiting



Jaw, neck or **upper** back pain



Chest pain, **but not always**



Pain or pressure in the **lower chest** or upper abdomen



Shortness of breath



Fainting



Indigestion



Extreme fatigue

American Heart Association.



Source: American Heart Association's journal, *Circulation*
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FIRST AID FOR A HEART ATTACK



Call 911 or your local emergency number.

If you can't get an ambulance or emergency vehicle to come to you, have a neighbor or a friend drive you to the nearest hospital. Drive yourself only if you have no other option.

Chew and swallow an aspirin while waiting for emergency help. Aspirin helps keep your blood from clotting. When taken during a heart attack, it could reduce heart damage. Don't take aspirin if you are allergic to it or have been told by your doctor never to take aspirin.

Take nitroglycerin, if prescribed.

If you think you're having a heart attack and your doctor has previously prescribed nitroglycerin for you, take it as directed while waiting for emergency medical help.


Begin CPR if the person is unconscious.

If the person isn't breathing or you don't find a pulse, begin CPR to keep blood flowing after you call for emergency medical help.

Use an automated external defibrillator (AED) if available and the person is unconscious, follow the device instructions for using it.

STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.



WOMEN	MEN
Face drooping	Face drooping
Arm weakness	Arm weakness
Speech difficulty	Speech difficulty
Vision problems	Vision problems
Trouble walking or lack of coordination	Trouble walking or lack of coordination
Severe headache without a known cause	Severe headache without a known cause
General weakness	
Disorientation & confusion or memory problems	
Fatigue	
Nausea or vomiting	

American Heart Association.



Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing
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By American Heart Association News



American Stroke Association
A division of the American Heart Association

Together to End Stroke®

SPOT A STROKE™

F.A.S.T.



FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911

Learn more at [stroke.org](https://www.stroke.org)

Know **Diabetes** by **Heart**™

High blood pressure, diabetes & your heart

Type 2 diabetes puts you at higher risk for heart disease, but there are steps you can take to lower your risk. Managing your blood pressure is one way to lower your risk of heart disease.



High blood pressure is anything above 120/80 mmHg.

What's the connection?

Adults with diabetes are

2X MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.

The combination of high blood pressure and diabetes drastically increases your risks. That's why it's vital to keep your blood pressure in a healthy range.

If you have diabetes, there is a lot you can do to manage your high blood pressure. Talk to your doctor about your next steps.

You're not in this alone. Find answers to your questions and join the initiative at: <https://KnowDiabetesbyHeart.org/join>

What can you do?



Start simple

Ask your doctor to check your kidney function and blood pressure.



Know your numbers

Keeping your blood pressure and blood glucose in your target ranges is vital for your overall health.



Keep it up

Take care of yourself with exercise, healthy diet and taking your medications as prescribed.

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STOP SMOKING



WHY STOP SMOKING?

It harms nearly **EVERY ORGAN** in your body, including your **HEART**

Smoking causes
1 OUT OF 4 DEATHS
from heart and
vascular disease



Quitting isn't
EASY, but it
will give back
years of **YOUR LIFE**

HARM TO YOUR HEART

- IRREGULAR HEARTBEAT
- THICKENED AND NARROWED BLOOD VESSELS
- PLAQUE BUILDUP IN THE ARTERIES



TIPS TO QUIT

- ✓ Find a plan that best fits you
- ✓ Set a date 
- ✓ Remind yourself why you're quitting 
- ✓ Avoid activities or places that make you want to smoke 
- ✓ Make it public 
- ✓ Ask about programs to help you quit 
- ✓ Take advantage of the tools and resources available at CardioSmart.org and get help at 1-800-QUIT-NOW
- ✓ Don't give up! Slips are often part of the process
- ✓ Celebrate small successes 

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

For more information, visit CardioSmart.org/StopSmoking



QUESTIONS FOR YOUR HEALTH CARE PROVIDER



What kinds of foods should I eat?
What can I eat at fast-food restaurants?
Do I need to see a nutritionist or dietitian?
How do I read food labels?
How can I control the portions?

Do I need to lose or gain weight for my health?
What is a realistic weight goal for me?
What should my daily calorie, fat and cholesterol intake be?
What diet guidelines should I follow?

What do my cholesterol numbers mean?
How often should I have my levels checked?
What type of diet should I eat?
Will I need cholesterol-lowering medicine?

What should my blood pressure be?
How often should my blood pressure be checked?
What about home blood pressure monitors?
Should I use blood pressure machines at stores?
What's my daily sodium (or salt) limit?
Will I need to take blood pressure medicine?

What are my risk factors for heart disease?
Am I at risk for stroke?
What kind of physical activity is right for me?
What can I do to lower my risk of heart disease and stroke?
If you smoke, ask for help in quitting.
If you're a woman, ask, "What should I know about the effects of menopause on my health?"



HEART HEALTH BINGO

Track Your Daily Healthy Heart Activities

<p>Brush Your Teeth!</p> 	<p>Close your eyes and take deep breaths</p> 	<p>Listen to Your Favorite Music.</p> 
<p>Wear Your Face Mask</p> 	<p>Hug someone!</p> 	<p>Eat A Healthy Snack</p> 
<p>Have a family dance-off!</p> 	<p>Write a story or draw a picture</p> 	<p>Do 10 Jumping Jacks</p> 



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