

American Heart  
Association®



Fighting Heart Disease and Stroke

# Heart Disease & Stroke

American Stroke  
Association<sup>SM</sup>

A Division of American  
Heart Association





# What is Heart Disease?

**Heart and blood vessel problems that develop over time.**





# What is Stroke?



**A stroke happens when blood flow to the brain is interrupted by a blocked (clot) or burst blood vessel.**

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**What kills  
more people?**

**Cardiovascular Disease  
or Cancer**



# FACT

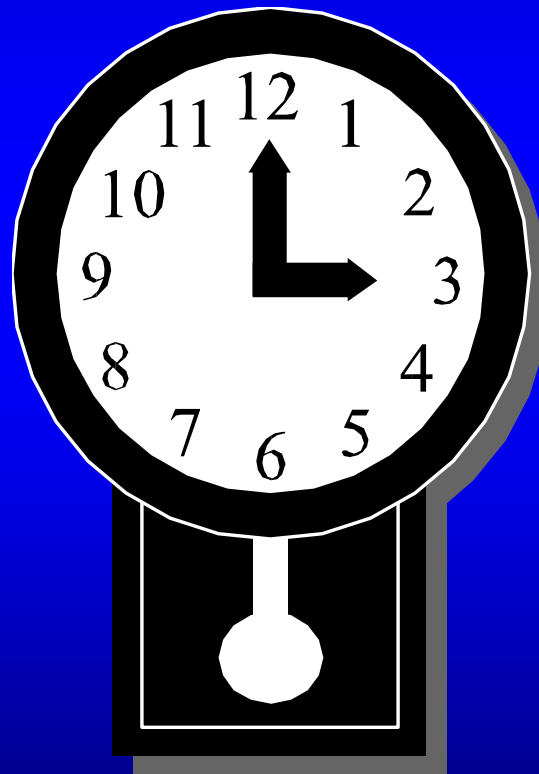
**Coronary heart  
disease is the  
LEADING  
CAUSE  
of death in  
America today.**

**Stroke is the 3rd  
leading cause of  
death and the  
LEADING CAUSE  
of neurological  
disability in  
America today.**



## The Bad News

**Every  
35 seconds  
an  
American  
will die of  
CVD**



**Every  
3 minutes,  
someone  
dies of a  
stroke**



# **Risk factors that CANNOT be changed**

- **Age**
- **Sex**
- **Family History**
- **Race**
- **Past heart disease or stroke**



# Risk factors that CAN be changed

- High Cholesterol
- Physical Inactivity
- High blood pressure
- Alcohol /Drug Abuse
- Tobacco Expo.
- Diabetes
- Obesity
- Stress



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# Prevention of Heart Disease and Stroke

What YOU can do:

**KNOW YOUR NUMBERS!**

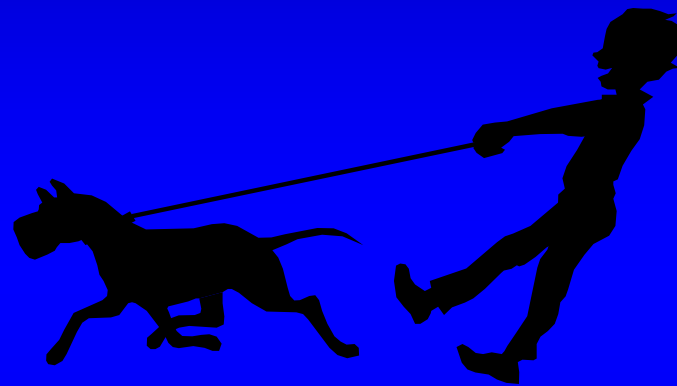
**30**  
minutes

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# Physical Activity



**For example, take a 30 minute walk  
per day**

# Nutrition

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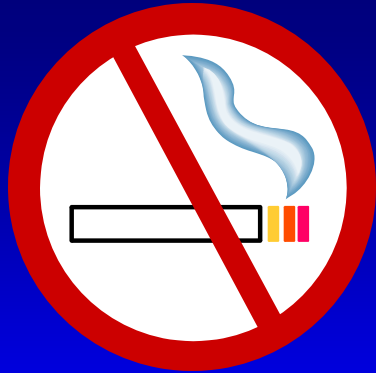
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**Eat a heart healthy diet**

**low in saturated fat and cholesterol**

**Eat more fruits and vegetables –**

**at least 5 A Day**



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# Tobacco Exposure

**Tobacco Exposure is the #1 cause of  
Heart Disease!!!!**

**Smoker can call the MS Tobacco  
Quitline at 1-800-QuitNow**

**120/80**

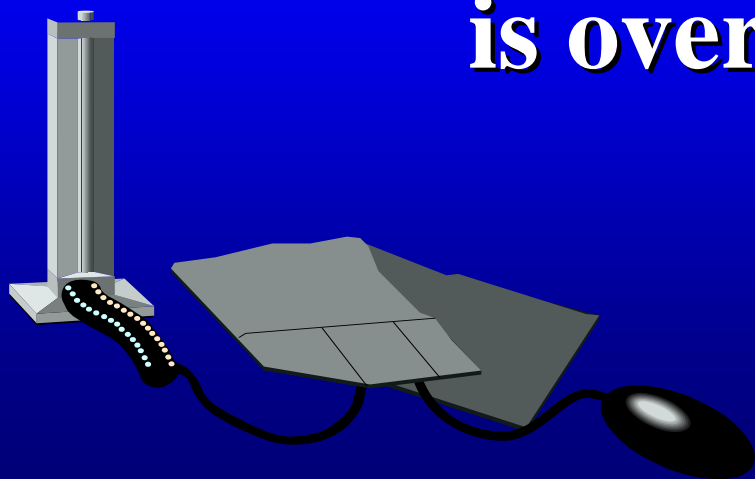
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## **Blood Pressure**

**You would be at high risk  
if your blood pressure  
is over 120/80 mmHg**



mm Hg = millimeters of mercury



# Cholesterol

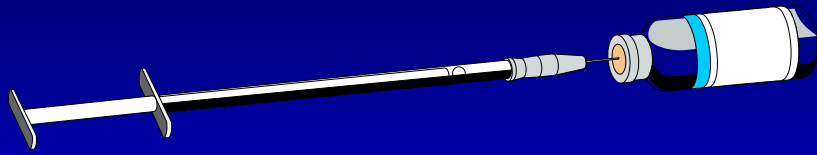
## Goal

**TOTAL: less than 200 mg/dL**

**HDL(Healthy): more than 40  
mg/dL**

**LDL(Lousy): less than 100 mg/dL**

mg/dL = milligrams per deciliter of blood



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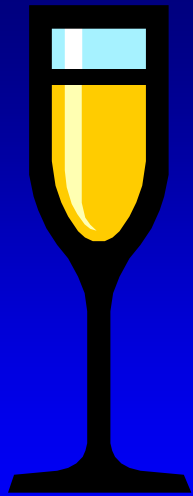


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# Diabetes

If you have diabetes, it is even more important to:

- Control high blood pressure
- Control high cholesterol
- Control weight
- Not smoke
- Get regular exercise
- Average Blood Sugar 80 to 120 mg/dL



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# Alcohol and Drug Abuse

Using drugs and alcohol  
affects your risk  
of heart disease and stroke.

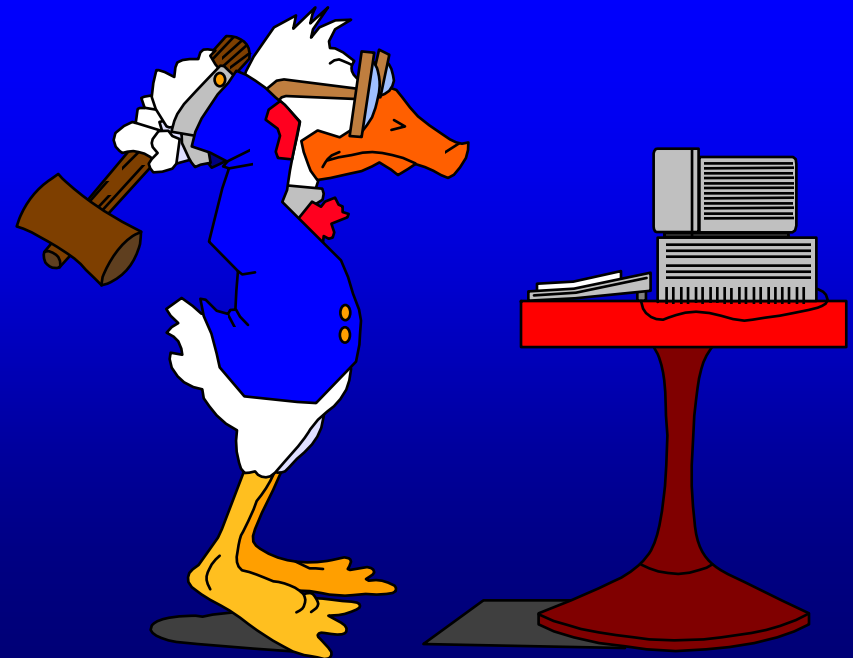






# Stress

- Stress leads to other risk factors
- Don't sweat the small stuff
- Manage your time
- Learn to relax

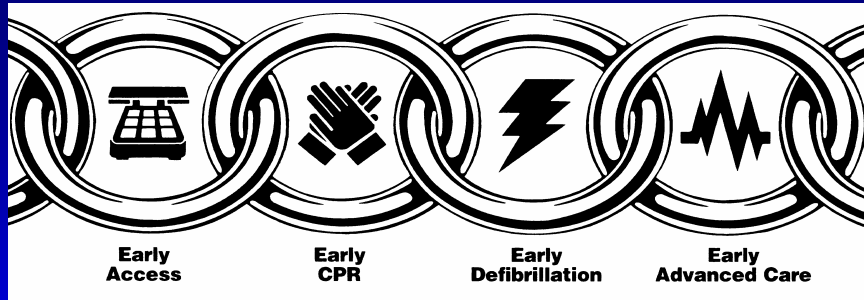


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# **Saving Lives With The Chain Of Survival**



- **Recognize the warning signs**
- **Immediately call 9-1-1**
- **Save a life – learn CPR**  
**call 1-877-AHA-4CPR**
- **Know and use the closest AED**
- **Advanced care needs to happen**  
**within 5-8 minutes**



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## Classic signs of a Heart Attack

- Pressure, fullness, squeezing or pain in the center of the chest
- Chest discomfort
- Pain that spreads to the shoulders, neck, or arms



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## **Less common signs of Heart Attack – experienced by many women**

- Chest, stomach or abdominal pain
- Nausea or dizziness without chest pain
- Shortness of breath
- Trouble breathing without chest pain
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness



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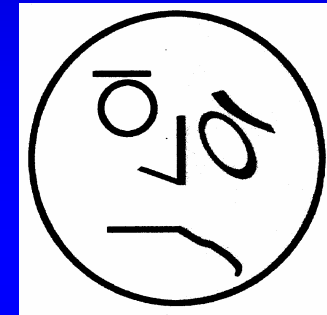
## **Stroke Chain of Survival**

- **Recognize the warning signs**
- **Immediately call 9-1-1**
- **Know the location of the closest stroke treatment facility**
- **Ask if you are eligible for tPA (clot-busting drug)**

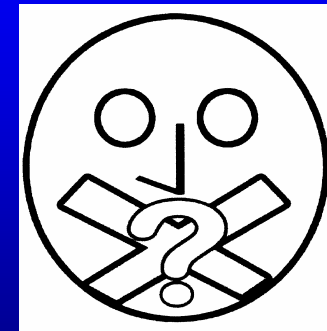


# Symptoms of Stroke

**1. Feel numb or weak  
(face, arm, leg, 1 side)**

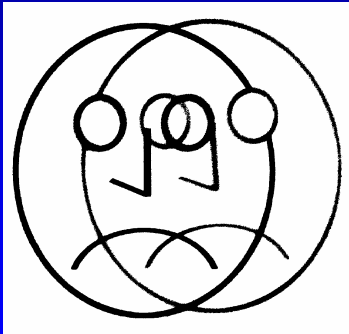


**2. Feel confused  
Hard to talk  
Can't understand**

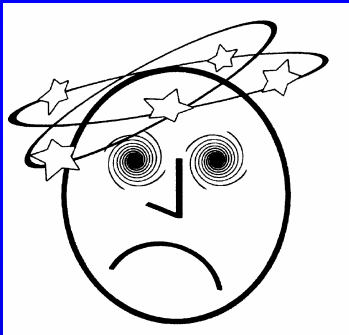




## Stroke (continued)



**3. Trouble seeing  
(1 eye or both)**

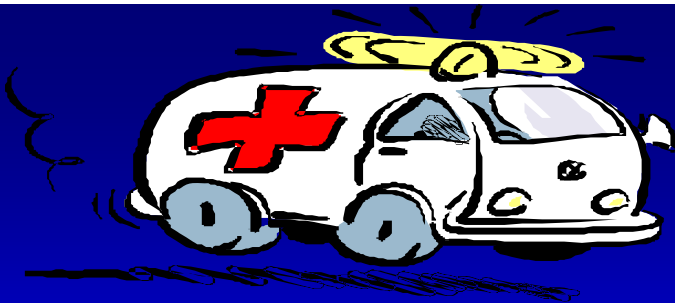


**4. Hard to walk  
Dizzy  
Off balance**



**5. Sudden bad headache  
with no known cause.**



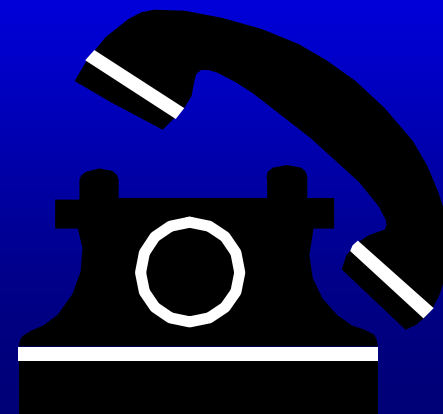


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**Recognize any of these  
symptoms as a  
medical emergency  
and  
CALL 9-1-1**



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# What is the American Heart Association Doing to Prevent CVD?



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# You're The Cure!!

**Join The American Heart Association/American Stroke Association in our efforts to reduce Heart Disease and Stroke! Become an advocate for the American Heart Association to help get our message to policy makers.**

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**For more information, call the  
American Heart Association**

**1-800-AHA-USA1**

**1-888-4STROKE**

**<http://www.americanheart.org>**

**You're The Cure,**

**Lorrie Davis**

**State Advocacy & Health Alliance Director**

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**Fighting Heart Disease and Stroke**

**American Heart Association  
American Stroke Association**

**4830 McWillie Circle**

**Jackson, MS 39206**

**601.321.1200**