



Take Charge of Your Health

Health for Hearts United Leadership Institute

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+ Question #1

What is the #1 cause of death in the US?

1. Cancer
2. Accidents
3. Heart disease
4. Lung disease



+ Answer

- Heart disease is the #1 killer in the US, causing more deaths than cancer, lung disease, accidents and diabetes combined.

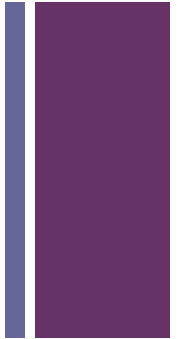




Question #2

Cardiovascular Disease includes what condition?

1. Stroke
2. Heart Attack
3. Congestive Heart Disease
4. High Blood Pressure
5. All of the above



+ Cardiovascular Disease

■ ALL OF THE ABOVE:

- Diseases and conditions pertaining to the heart and vascular (blood vessels) system
- **Primarily includes heart attack, stroke, high blood pressure, congestive heart failure**
- May also include arrhythmias, PVD, ESRD, congenital heart defects



+ Statistics Review

- Stroke is the leading cause of serious, long-term disability in the United States.
- 15-30% of stroke survivors are permanently disabled.
- Black have twice the rate of strokes compared to Whites.
- Smoking and high blood pressure both double the risk of stroke.



+ Question #3

Name a risk factor for CV disease.....

.....Is it modifiable or non-modifiable?

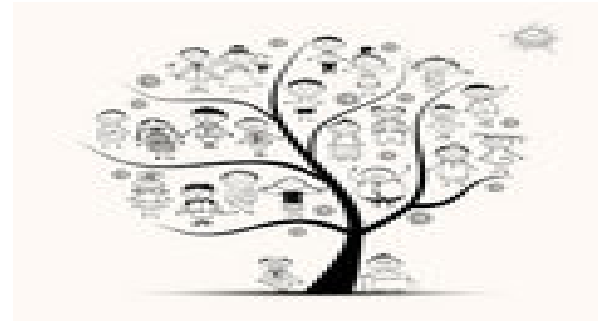


+ Heart Disease – Risk Factors (Can't be changed)

■ Age



■ Family History



■ Race



+ Heart Disease – Risk factors Modifiable (Can be changed)

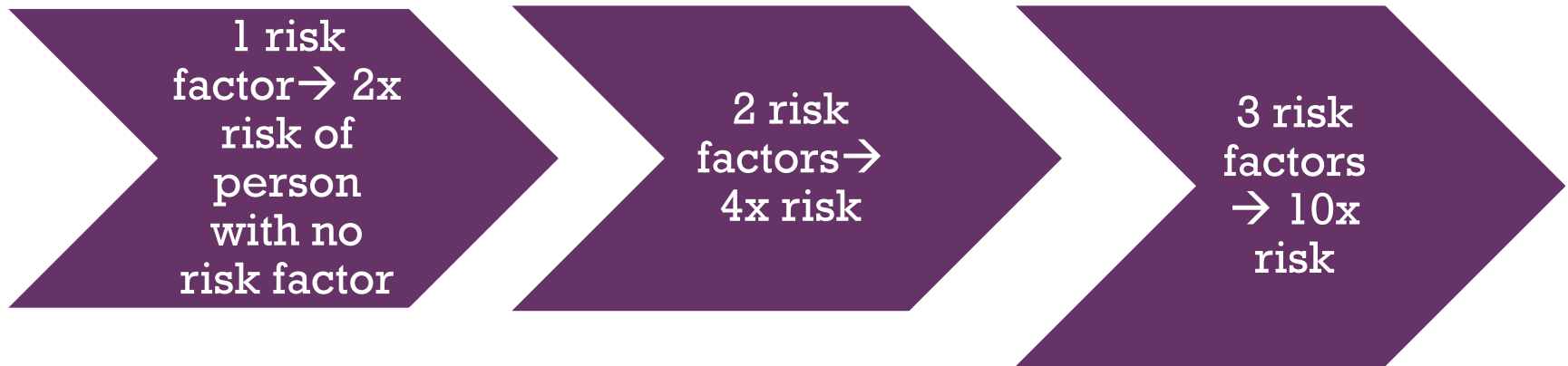
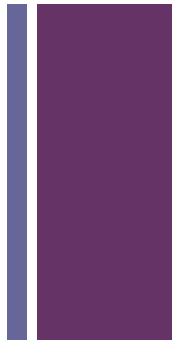
- Obesity or overweight
- Diabetes
- Physical inactivity



- Smoking
- High blood pressure
- High blood cholesterol

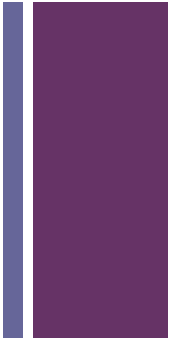


Multiplier Effect: Risk Factors for Heart Disease



+ Question #4

What can we do to reduce our risk factors?





What you can do



- **Don't smoke and avoid second hand smoke**
 - 35% of deaths from smoking related to CVD
 - Nonsmokers exposed to secondhand smoke have 25-30% increase risk of heart disease

- **Get regular exercise**
 - Aim to get at least 150 minutes of cardio per week (30 minutes 5 times a week)
 - 10,000 steps daily
 - Add activity to everyday life

- **Know your numbers**
 - Blood pressure, cholesterol, blood glucose

- **Know your family history**
 - Discuss medical history at family gatherings



What you can do

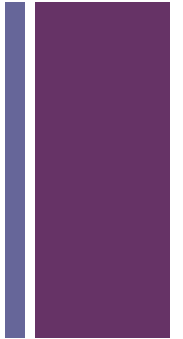
- **Eat a heart healthy diet**
 - Low in saturated fats, trans fats, sodium, cholesterol
 - Include whole grains, vegetables, fruit, healthy fats
- **Maintain a healthy weight**
 - Know your BMI (Body Mass Index)
 - Ask your doctor about your ideal weight
 - 5-10% loss of body weight produces risk reduction
- **See your doctor for regular exams**
 - Take medication as prescribed



+ Final Question(s)

What change will you make

- In your person life?
- In your family?
- In your church?
- In your community?



+ Finally....

***Above all else, guard your heart, for it
is the wellspring of life***

Proverbs 4:23

