

# Heart Disease in Women: What YOU Should Know

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Red Dress Sunday Symposium  
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# What are we talking about?

- Cardiovascular diseases (CVD)
  - Coronary artery disease (CAD)
  - Heart failure
  - Stroke
  - High blood pressure

# Why do we care?

- Almost 43 million women have CVD
  - 7.5 million with CAD
- Almost 422,000 women die each year from CVD (more women than men!)
  - Over 190,000 from CAD (compared to 40,599 from breast cancer)

# Why do we care?

- CAD accounts for 25% of all female deaths
- Maryland ranks 33<sup>rd</sup> in death rate due to CVD, 40<sup>th</sup> in death rate due to CAD
- CVD and CAD disproportionately affect African-American and Latina women

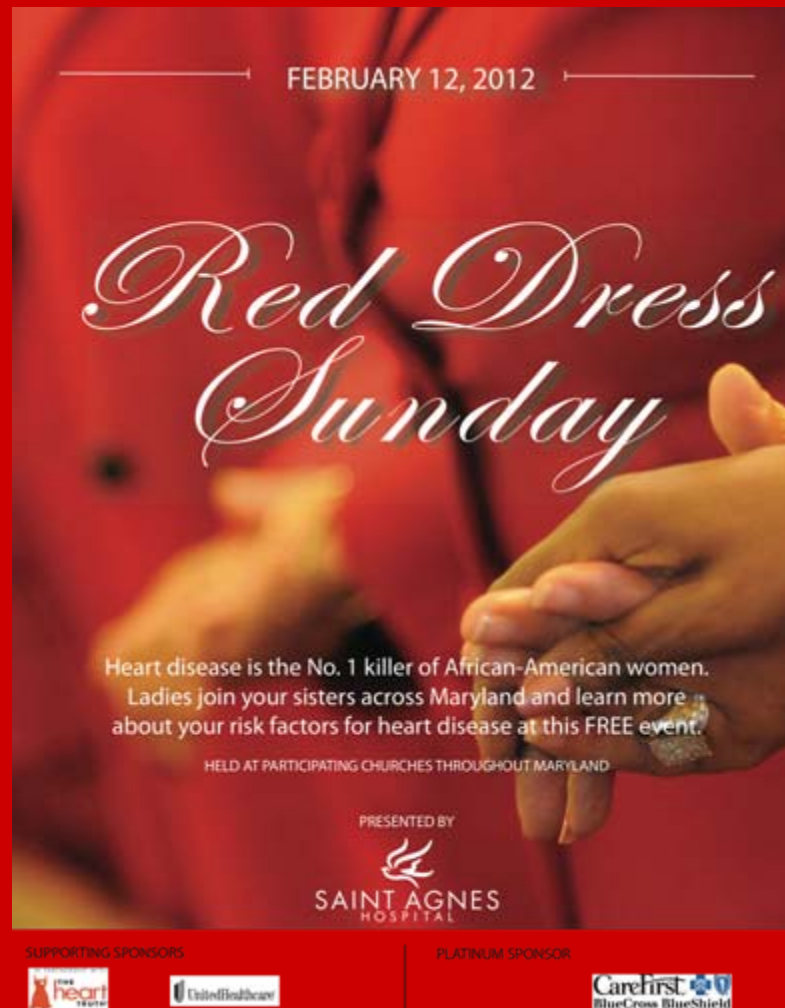
# Why do we care?

- Coronary heart disease is the number one killer of women over 25...
- *Cardiovascular disease kills ONE WOMAN EVERY MINUTE in the U.S.!*
- BUT only a minority of women view coronary heart disease as a threat!

# Why do we care?

- *MANY OF THE RISK FACTORS ARE MODIFIABLE!*
- *MUCH OF CARDIOVASCULAR DISEASE IS PREVENTABLE!*

# How are we getting the word out?




FEBRUARY 12, 2012

## *Red Dress Sunday*

Heart disease is the No. 1 killer of African-American women. Ladies join your sisters across Maryland and learn more about your risk factors for heart disease at this FREE event.



HELD AT PARTICIPATING CHURCHES THROUGHOUT MARYLAND

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# AHA Guidelines

“Prevention of CVD is paramount to the health of every woman and every nation. Even modest control could have an enormous impact...Fortunately, most CVD in women is preventable.”

**SYMPTOMS**

# What are the symptoms?

Chest discomfort

Radiation to the arms, neck or back

What are the symptoms?

Shortness of breath

What are the symptoms?

Palpitations

What are the symptoms?

Nausea

What are the symptoms?

Sweating

# **RISK FACTORS**

# Risk Factors for CAD

## HIGH BLOOD PRESSURE

- 46% of African-American women
- 29% of Mexican-American women

# Risk Factors for CAD

## HIGH CHOLESTEROL

- 41% of African-American women
- 47% of Mexican-American women

# Risk Factors for CAD

## DIABETES

- 15% of African-American women
- 13% of Mexican-American women

# Risk Factors for CAD

SMOKING

# Risk Factors for CAD

FAMILY HISTORY OF PREMATURE  
CAD

# Risk Factors for CAD

## OBESITY

- 51% of African-American women
- 43% of Mexican-American women

# Risk Factors for CAD

## PHYSICAL INACTIVITY

- Roughly 75% of African-American and Latina women

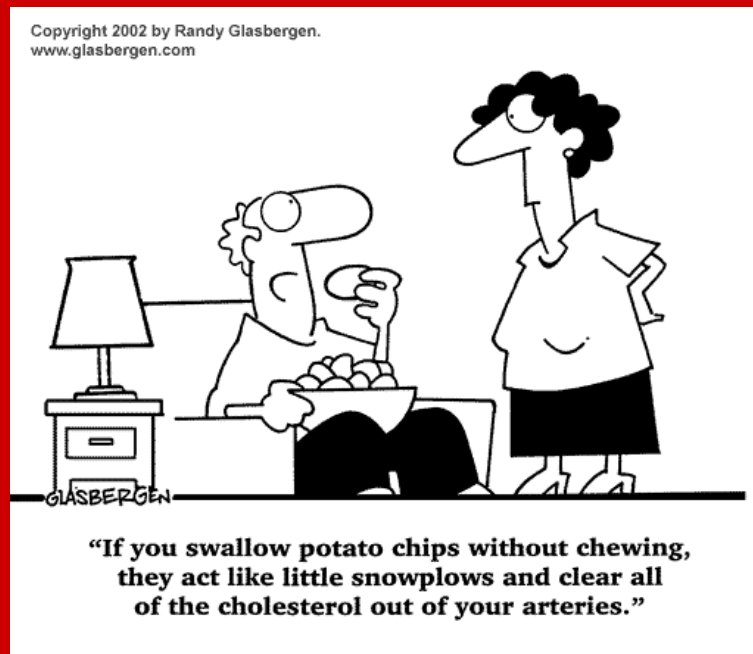
# OTHER RISK FACTORS

- Stroke/TIA
- Peripheral arterial disease
- Abdominal Aortic Aneurysm
- Chronic kidney disease
- Postmenopausal state

# OTHER RISK FACTORS

- Autoimmune disease (lupus, rheumatoid arthritis)
- History of cancer treatments (chemotherapy and radiation)
- History of trauma or abuse

YOU CAN DO SOMETHING TO  
POSITIVELY IMPACT THESE  
RISK FACTORS!!



# Know Your Numbers

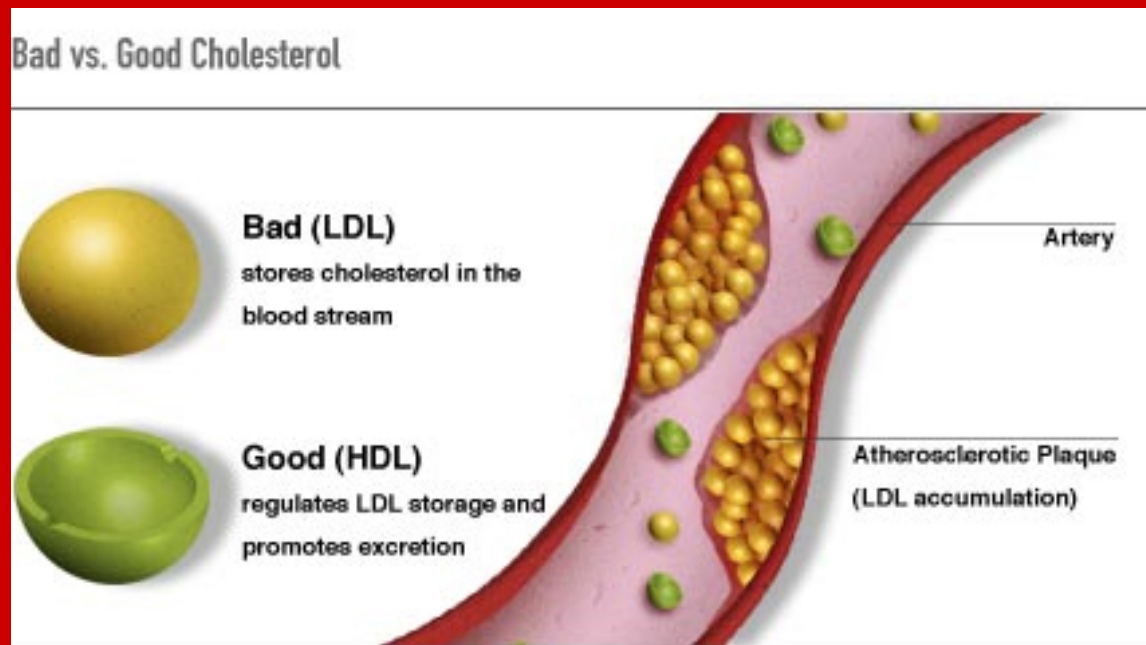
- Blood pressure: 120/80 or less
- Blood sugar: less than 100 mg/dl (fasting)
- Body Mass Index: less than 25 kg/m<sup>2</sup>
- Waist circumference: less than 35 in.
- Exercise: at least 30 min./day, most days of the week

# CHOLESTEROL

- Total cholesterol
- Triglycerides
- HDL (“good”)
- LDL (“bad or Lousy”)

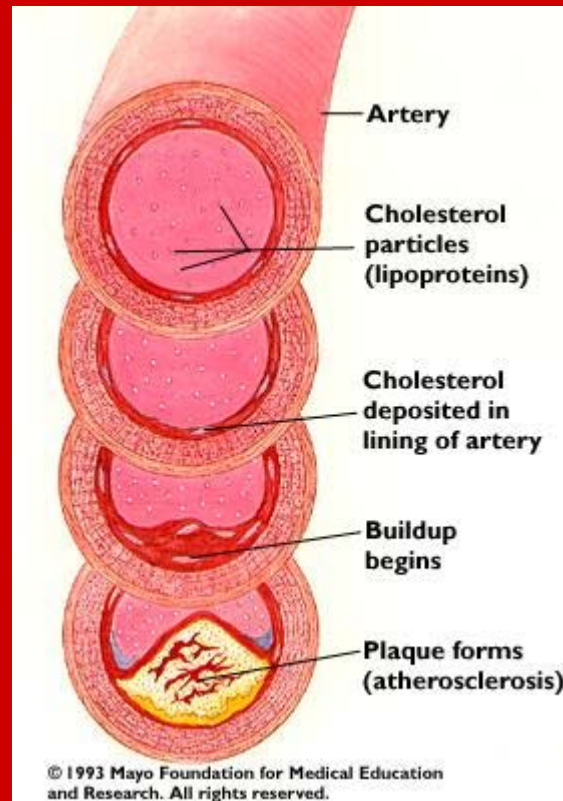
# CHOLESTEROL

Why does it matter?



# CHOLESTEROL

Why does it matter?



# Know Your Numbers

Total cholesterol: less than 200 mg/dl

# Know Your Numbers

LDL (lousy): varies according to risk

- Less than 100: optimal
- 100-129: near optimal
- 130-159: borderline high
- 160-189: high
- 190 and above: very high

# Know Your Numbers

HDL (good): greater than 50 mg/dl



# Know Your Numbers

Triglycerides: less than 150 mg/dl

“The forgotten fat”

# Treatment of cholesterol

- Decrease intake of saturated fat, trans fat, and refined carbohydrates
- Exercise
- Quit smoking
- Medications

# Lifestyle Recommendations

- Smoking cessation
- Diet
- Physical activity
- Weight management

# Diet



# Diet

- Rich in fruits and vegetables
- Whole grains and high fiber foods
- Fish at least twice a week
- Limit saturated fat to <10%
- As little trans fat as possible
- Limit alcohol to 1 drink a day
- Limit sodium to 2.3 g/day

# Diet

- Watch portion sizes
- Be aware of calories
- Have healthy snacks around the house instead of junk food
- Don't drink your calories

# Lifestyle Recommendations

- Physical activity
  - At least 30 minutes of moderate activity on most, if not all, days a week
  - 60-90 minutes a day for weight loss or maintenance



# THE BENEFITS OF EXERCISE

- Weight loss
- Improves well being and quality of life
- Controls blood pressure
- Improves cholesterol and triglyceride levels
- Improves circulation
- Increases muscle tone
- Decreases body fat
- Improves mood
- Improves sleep patterns
- Improves body range of motion and decreases joint pain
- Improves glucose uptake and insulin response if you are diabetic
- Decrease risk for heart disease, cancer and diabetes
- Relieves stresses and tensions

# Lifestyle Recommendations

- Physical activity
  - Take the stairs
  - Park farther away
  - Take a walk after dinner
  - Make exercise appointments
  - Find an exercise partner
  - Check out “Choose to Move”  
([www.choosetomove.org](http://www.choosetomove.org))

# Lifestyle Recommendations

- Weight management
  - BMI between 18.5-24.9
  - [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

# Take-home points

- Average lifetime risk for CVD in women is very high, approaching 50%.
- Women need to be aware that they are at risk.
- Prevention can make a big difference, both in individuals and in populations.
- Lifestyle measures are the foundation of prevention!

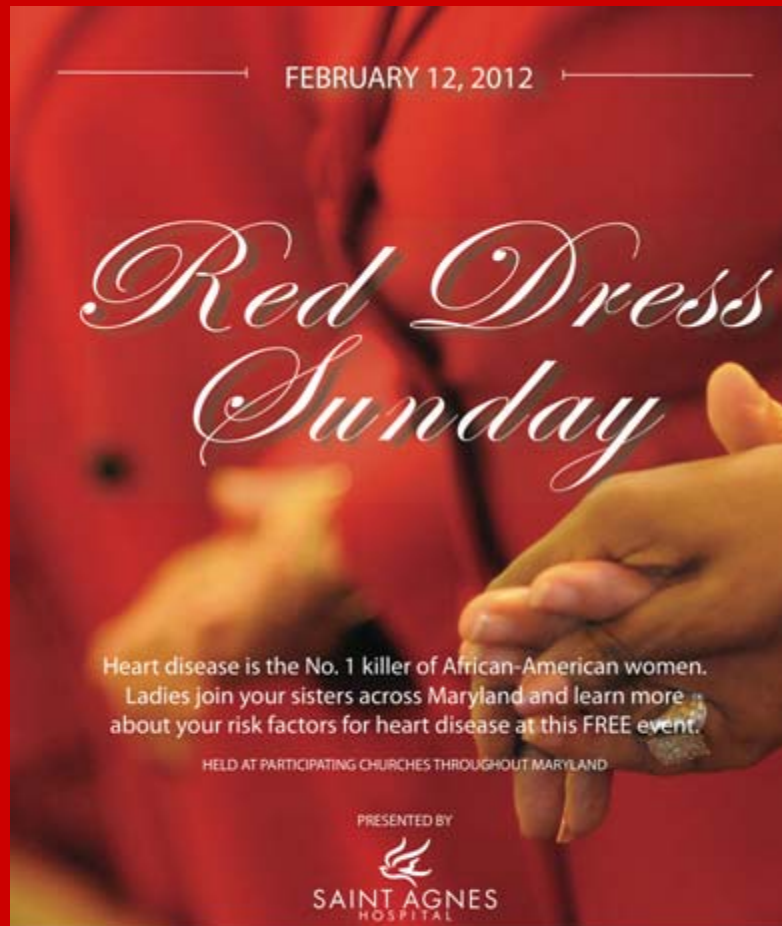
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- ***MUCH OF CARDIOVASCULAR DISEASE IS PREVENTABLE!***
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# Take-home points

- ***SPREAD THE WORD!***
- ***TELL YOUR FRIENDS AND FAMILY!***

# THANK YOU!




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