

CLASS #1

**HEART HEALTH
ESSENTIALS**

OUTLINE

- What is cardiovascular disease?
- Know your targets for blood pressure & cholesterol
- Ways to reduce your risk
- Warning signs and symptoms
- What's next?

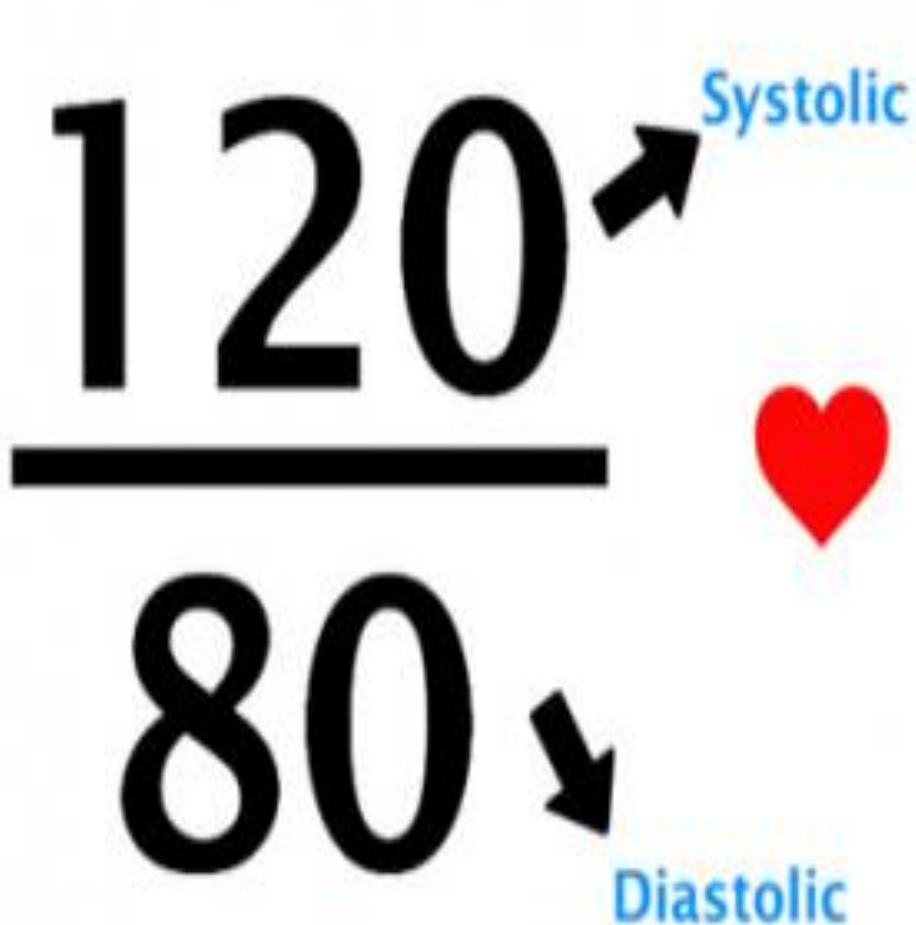
FALSE

People who are at a healthy body weight don't have to worry about high cholesterol.

HOW THE HEART WORKS

<https://www.youtube.com/watch?v=CWFyxn0qDEU>

UNDERSTANDING BLOOD PRESSURE



*Measured in millimeters of mercury, or mmHg

Amount of pressure in the arteries during ***contraction*** of heart muscle

Amount of pressure when heart muscle is ***between*** beats

Normal
Amount of
Blood

Normal
Blood
Pressure



Normal Blood Vessel

Normal
Amount of
Blood

High
Blood
Pressure



Narrow Blood Vessel

BLOOD PRESSURE

Low Risk: 120 / 80

Medium Risk: 121-139 / 80-89

High Risk: 140+ / 90+

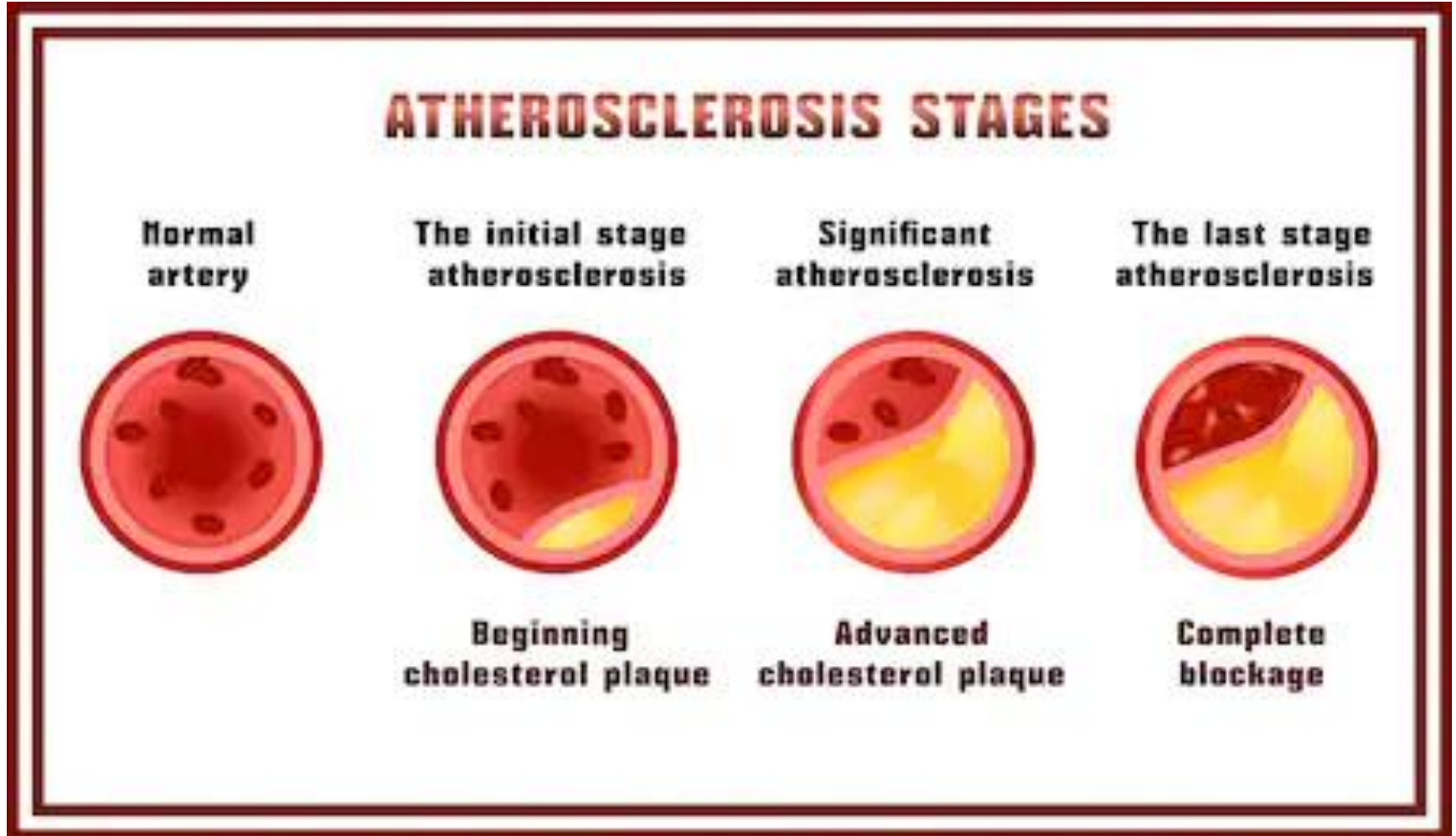
TRUE

You can feel “fine” even if your cholesterol and/or blood pressure are high.

BLOOD CHOLESTEROL

- Waxy, fat-like substance
- Found in every cell of the body
- **LDL** (*“lousy”* or bad cholesterol)
 - Builds up plaque on the inside of blood vessels
- **HDL** (*“healthy”* or good cholesterol)
 - Cleans up and removes plaque from vessels
- **Triglycerides** (another type of fat in the blood)
 - Affects blood clotting

CLOGGED ARTERIES (ATHEROSCLEROSIS)



TARGET CHOLESTEROL LEVELS

- **Total cholesterol:** 5.2 or lower
- **HDL cholesterol:**
 - Men: 1.0 or higher
 - Women: 1.3 or higher
- **LDL cholesterol:**
 - No statin / Low risk: 3.5 or lower
 - If diabetes, previous heart disease, kidney disease, or if taking a statin: 2.0 or lower (or 50% reduction)
- **Triglycerides:** 1.7 or lower

MAYBE

I should have my cholesterol checked
every year after age 40.

HEART DISEASE

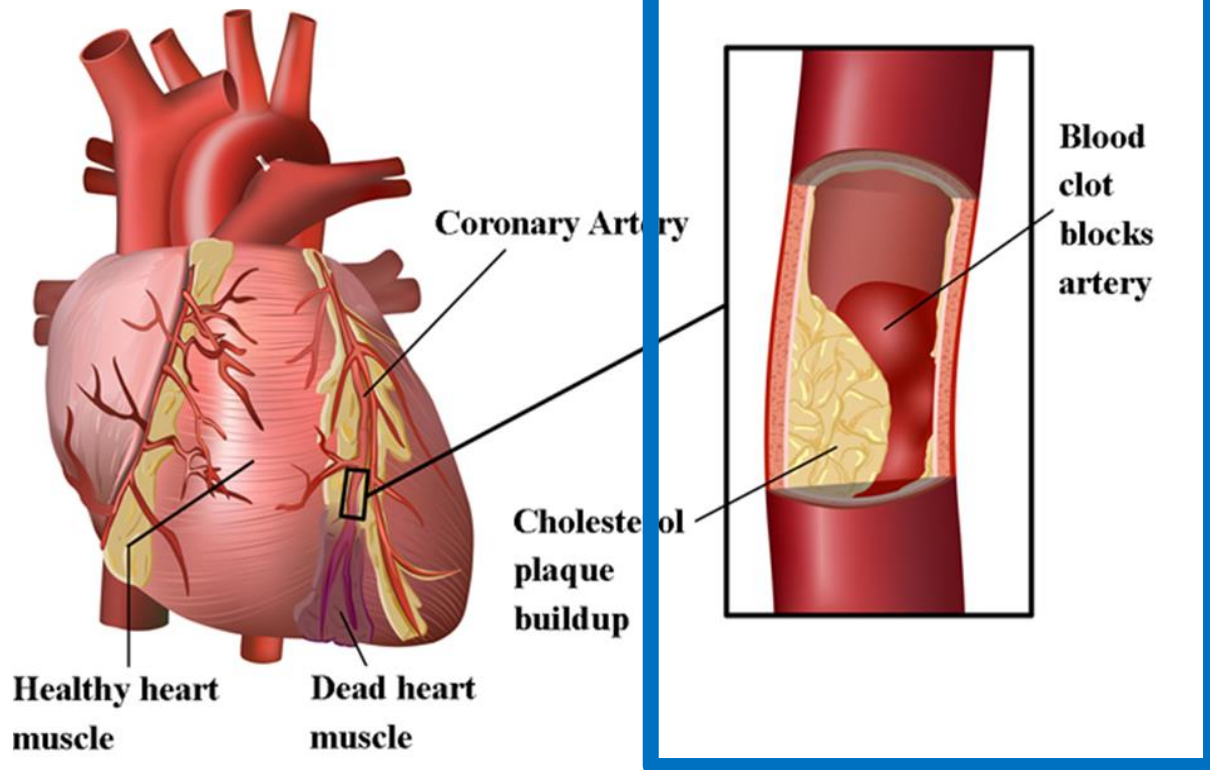
CHEST PAIN (ANGINA PECTORIS)



HEART ATTACK (MYOCARDIAL INFARCTION)



Blood clot
(Thrombosis)



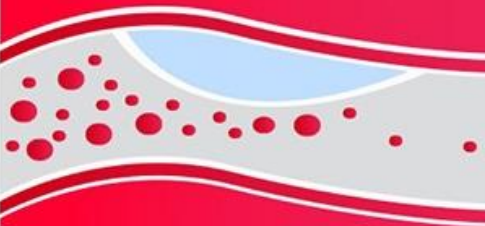
CARDIAC ARREST (HEART STOPS)

CARDIAC ARREST is an **ELECTRICAL** problem

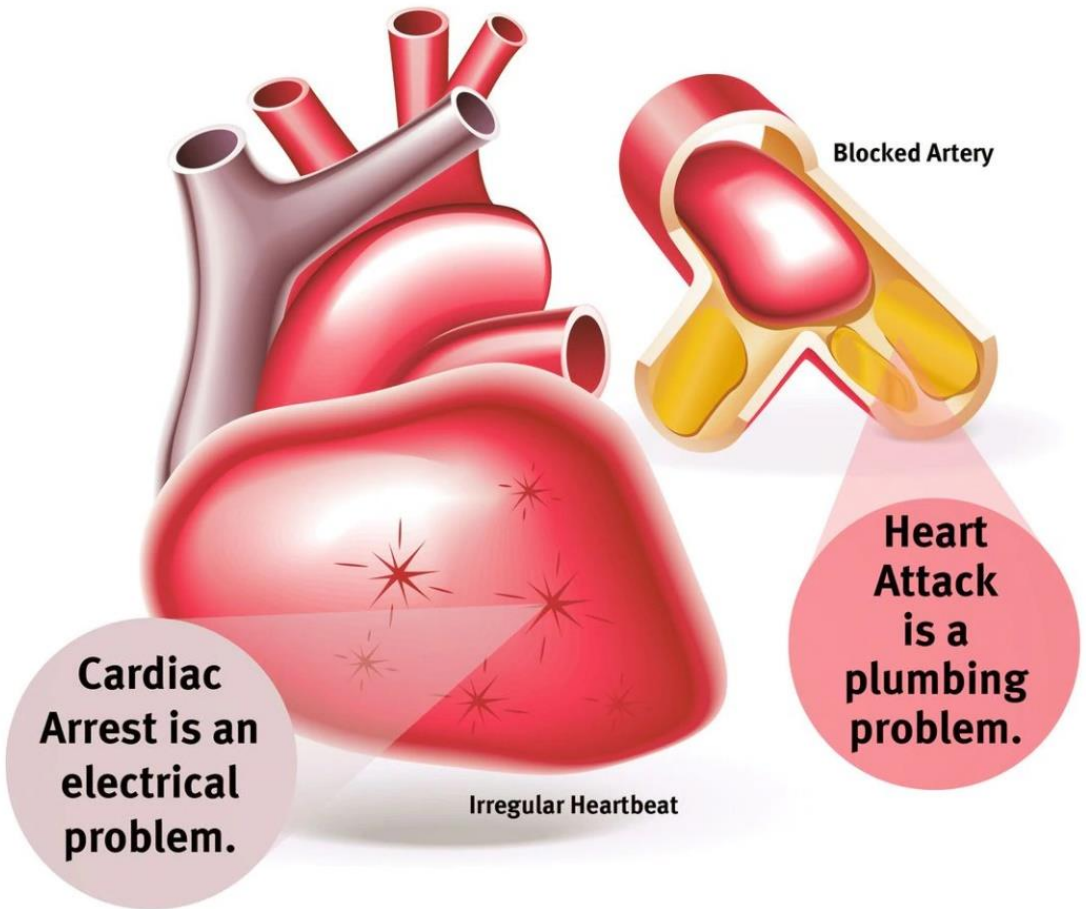


The person will be **UNCONSCIOUS**
Call 911 | Start CPR

A HEART ATTACK is a **CIRCULATION** problem



The person will probably be **CONSCIOUS**
Call 911 | Keep them calm

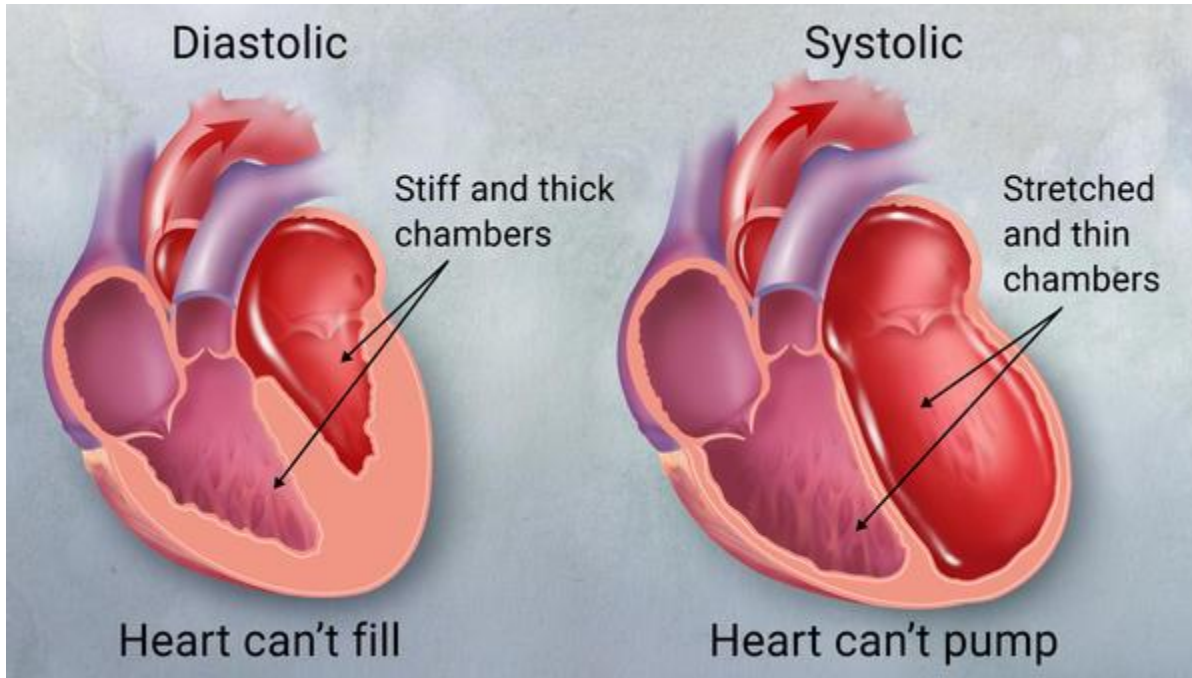


Cardiac Arrest is an electrical problem.

Irregular Heartbeat

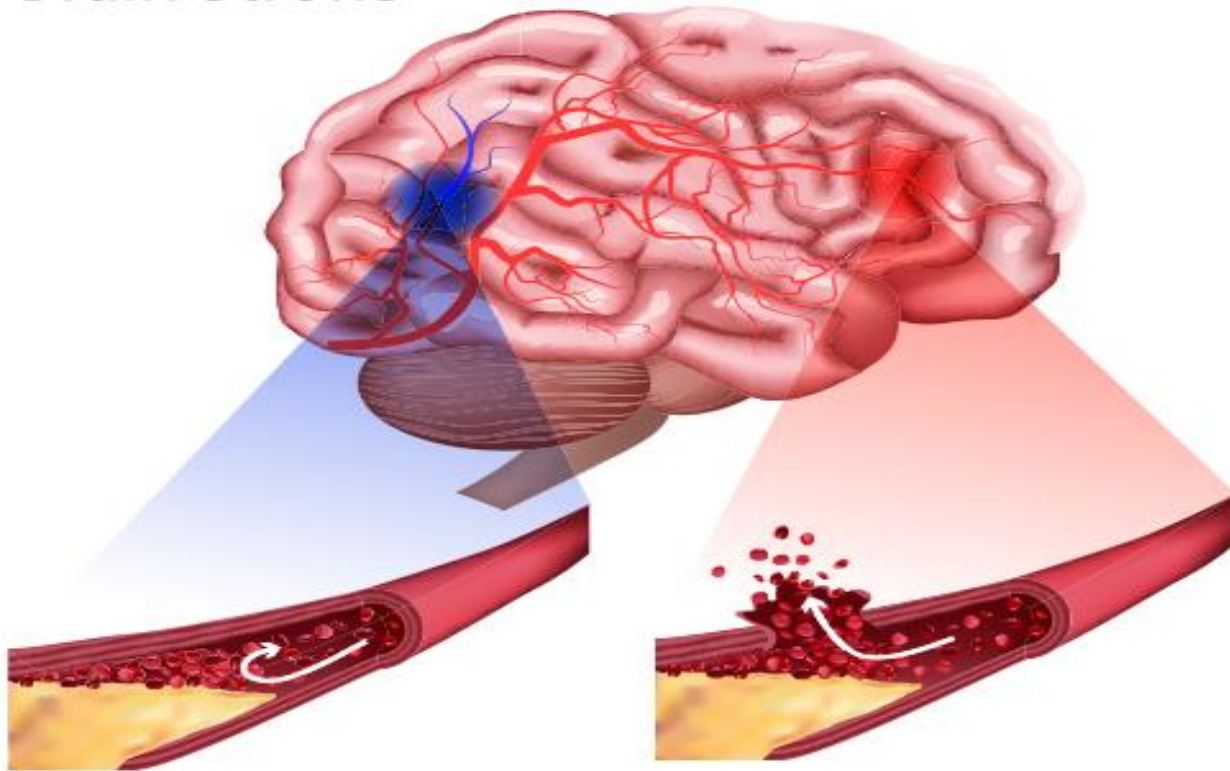
Heart Attack is a plumbing problem.

HEART FAILURE



STROKE

Brain Stroke



Ischemic

Blockage of blood vessels;
lack of blood flow to affected area

Hemorrhagic

Rupture of blood vessels;
leakage of blood

Mini stroke =
Transient
Ischemic
Attack (TIA)

FALSE

Heart disease runs in my family,
so there's nothing I can do
to prevent it.

RISK FACTORS

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Non-Modifiable

- Age
- Sex
- Ethnicity
- Family history
- Sleep apnea

Modifiable

- Diet
- Alcohol intake
- Physical activity
- Stress
- Smoking/Substances
- Medications

HEALTHY EATING

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

ALCOHOL – MAXIMUM RECOMMENDED

- Men: 2-3 drinks per day (total 15 per week)
- Women: 1-2 drinks per day (total 10 per week)
- When moderation may be too much
 - Avoid alcohol most of the time if you have fatty liver or high triglycerides



SMOKING AND VAPING



Vaping

- ↑ Risk of heart attack & coronary artery disease
- Vaping + cigarettes = MORE harmful
- Long term effects??

Cigarettes

- ↓ HDL (good cholesterol)
- ↓ Blood vessel size
- ↑ Blood pressure
- ↑ Blood clotting

CANNABIS / MARIJUANA

- THC (psychoactive ingredient) stimulates the heart
- ↑ Heart rate and irregular heartbeat
- Makes the heart pump harder
- ↑ Risk of heart attack, stroke, and irregular heartbeat for several hours after consumption

SUBSTANCE USE

Substance use (prescription or other) can cause irregular heart rate, stroke, or heart attack:

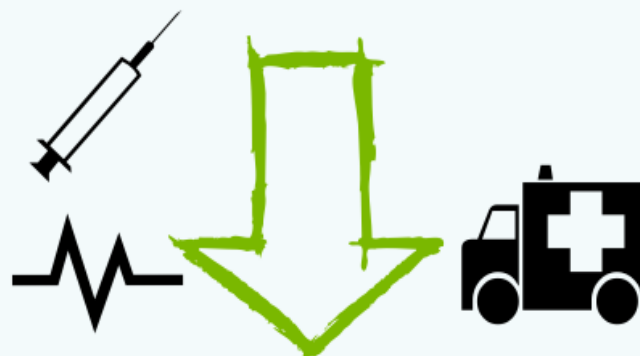
- Opiates (e.g. fentanyl, codeine)
- Sleep aids (e.g. zopiclone, benzodiazepines)
- Recreational drugs

PHYSICAL ACTIVITY

Physical activity provides many health benefits!



Improve mental health, fitness and strength.



Reduced risk of heart disease, stroke, high blood pressure, diabetes, osteoporosis and more

Info from the Canadian Physical Activity Guidelines: csep.ca/guidelines





Aim for 150 minutes of moderate to vigorous-intensity physical activity each week.



Your 150 minutes can be broken into chunks of 10 minutes or more.



Include both muscle strengthening (ie. push-ups, climb stairs) and bone strengthening (ie. yoga) activities at least twice a week.



If you haven't been active in awhile, speak to your health care provider. Start with low intensity (like a short walk) and go slow.



VERSUS



Moderate Intensity

will make you sweat a bit and breathe a little harder. During this activity you should be able to talk, but not sing.

High Intensity

will cause you to sweat and be out of breath. You probably won't be able to talk too much.

Tip: If you haven't been active, start slow. Try parking farther away from the doors, or get off the bus a stop early and walk the rest of the way!

MANAGE STRESS

- Living with health problems can be stressful
- Physical and emotional stress increases health risks:
 - ↑ Blood pressure
 - ↑ Blood clots
 - ↑ Blood sugar
 - ↓ Immune function
 - ↓ Mental health
- More difficult to make good lifestyle choices

STRESS



You are
in control!

Take 10 minutes to
make one small
change

TAKING MEDICATION

- Take medications as prescribed
- Reduces your risk of new health problems
- Helps stop existing problems from getting worse

- Have a conversation about risks, side effects, and options with your provider or pharmacist
- Keep a current list of your medications

TAKING MEDICATION

Medications may be prescribed for a variety of reasons:

- Make it easier for your heart to pump blood
- Open (dilate) blood vessels
- Slow down a heart that beats too fast
- Remove excess fluid from the blood (also reduce shortness of breath and swelling in legs & feet)
- Slow down plaque formation in blood vessels
- Prevent blood clots by making blood less "sticky"

FALSE

Fish oil supplements can cure cardiovascular disease.

NATURAL HEALTH PRODUCTS

- Can interfere with your heart medications or cause other health problems
 - Garlic pills, Fish oils, Grapefruit
- Always check with your pharmacist or doctor before taking any non-prescription medications or alternative therapies

NATURAL DOES NOT ALWAYS MEAN SAFE!

MANAGING HEART DISEASE

Monitor at home only if your doctor asks you to:

Blood Pressure

- Rest for 5 minutes before testing
- No talking
- Don't cross your legs
- Support your arm on a chair or table

MANAGING HEART DISEASE

Monitor at home only if your doctor asks you to:

Daily Weight (if you have Heart Failure)

- Weighing yourself daily tells you if your body is retaining fluid
 - Extra fluid → Makes your heart work harder
- Gaining or losing 4-5 pounds is a big weight change
 - Call your doctor if this happens
- Ask your doctor about Heart Failure Zones

WARNING SIGNS & SYMPTOMS OF A HEART ATTACK

Chest pain/ache	Lightheadedness or fainting
Chest squeezing, pressure, or fullness	Anxiety
Shortness of breath / Difficulty breathing	Sweating
Heartburn that doesn't get better with antacids	Cold, clammy skin
Upper body pain, sore back, sore shoulders/arms	Paleness
Abdominal pain	General weakness
Sore jaw	Unexplained fatigue (can last for days)
Nausea, with or without vomiting	NOT JUST CHEST PAIN!

WARNING SIGNS & SYMPTOMS OF A STROKE

Confusion	Double vision
Trouble speaking / Slurring words	Blurry or blackened vision
Trouble understanding what others are saying	Headache (especially sudden or severe)
Numbness, weakness or paralysis of the face, arm or leg (especially 1 side)	Vomiting
Mouth drooping	Dizziness
Loss of balance or trouble walking	

FAST = Face, Arms, Speech, Time

WHAT TO DO

- Call 911 immediately (or have someone call for you)
- Do not drive yourself to the hospital
- Keep a list of emergency contacts and your medications

GOAL SETTING

SMART GOALS



www.heartandstroke.ca/articles/the-first-step-to-healthy-change

FOR MORE INFORMATION

- Heart & Stroke Foundation www.heartandstroke.ca
- Lipid Clinic at St. Boniface Hospital
www.cardiacsciencesmb.ca
- Other health education classes, including
Physical Activity Essentials & Preparing for Success
www.wrha.mb.ca/groups

MORE INFORMATION ABOUT QUITTING / REDUCING SMOKING

- Commit To Quit group
www.wrha.mb.ca/groups
- Smoker's Helpline: 1-877-513-5333
- Peer support
www.facebook.com/groups/ManitobaQuits/
- Manitoba Lung Association www.mb.lung.ca
- Talk to your doctor and health care team

THANK YOU

Any questions?

Use the chat function or
un-mute your microphone