

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

Community Health Coalition, Inc.

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Healthy Sunday Topic: Learn and Prevent Heart Disease

Heart disease is the number one cause of death for both men and women in the United States. Heart disease is an umbrella term that includes conditions such as coronary artery disease, heart attack, cardiac arrest, congestive heart failure, and congenital heart diseases. The most common cause of heart disease is coronary artery disease (CAD), which is a blocked or narrowed coronary artery that supplies the heart with blood. High blood pressure, obesity and diabetes are the most common conditions that increase the risk of heart disease. Prevention of heart disease is important for everyone especially African Americans who are disproportionately affected.



Kevin L. Thomas, MD, F.A.C.C., Assistant Professor of Medicine in the Division of Cardiovascular Disease at Duke University Medical Center and a Community Health Coalition Board Member states, **“Strive to improve your overall health by adopting a heart-healthy lifestyle in addition to arming yourself with knowledge on heart health”**

According to American Heart Association, high blood pressure in African Americans is among the highest in the world. It also develops earlier in life in blacks than in whites and is usually more severe. High blood pressure usually has no symptoms. That’s why it is called the "silent killer." The only way to know if your blood pressure is high is to have your doctor check it regularly.



You can monitor Blood Pressure at home, in stores, at pharmacies, and at Community Health Coalition on Thursdays from 10am to 4pm. It is FREE.

Jan-Leigh Fleming, MD. an internist at Novena Health Says, **“It is important to ask your healthcare provider questions including your goals and personal target blood pressure as recommended by the American Heart Association.”**

What You Can Do for Heart Health

You can lower your chance of heart disease and a heart attack by taking simple steps.

- **Eat a healthy diet** with fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and added sugars.
- **Exercise regularly.** Adults needs 2 hours and 30 minutes (or 150 minutes total) of exercise each week. You can spread your activity out during the week, and can break it up into smaller chunks of time during the day.
- **Be smoke free.** If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.
- **Limit alcohol use,** which can lead to long-term health problems, including heart disease and cancer. If you do choose to drink, do so in moderation, which is no more than one drink a day for women and two for men.
- **Know your family history.** There may be factors that could increase your risk for heart disease and stroke.
- **Lower sodium intake.**
- **Take medication as prescribed**
- **Manage any medical condition** you might have. Learn the **ABC'S** of heart health. Keep them in mind every day and especially when you talk to your health provider:
 - o **A**ppropriate aspirin therapy for those who need it
 - o **B**lood pressure control
 - o **C**holesterol management
 - o **S**moking cessation

For more information go to:

www.heart.org or call **1-800-AHA-USA1** (1-800-242-8721)

<https://www.cdc.gov/heartdisease/>

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Go to <http://www.chealthc.org/makeadonation.html> Thank you.



Health Tip is a message from **Community Health Coalition, Inc.** and is written in partnership with Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, NC Mutual Life Insurance Company and Duke Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!