

Community Health Coalition, Inc.

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February 2018

Healthy Sunday Topic: Heart Health

Heart disease is the No. 1 killer for all Americans. An estimated 92.1 million US adults have at least 1 type of heart disease. By 2030, 43.9% of the US adult population is projected to have some form of heart disease. The risks are even higher for African-Americans. The good news is that African-Americans can improve their odds of preventing and beating heart disease by understanding the risks and taking simple steps to address them. The American Heart Association has developed a national health campaign for adults and young people to live healthier lives; **Life's Simple 7**, adults and



young people can live healthier lives by avoiding smoking and tobacco products, engaging in daily physical activity, eating a healthy diet, maintaining a healthy weight, and keeping cholesterol, blood pressure, and blood sugar at healthy levels. **Kevin L. Thomas, MD**, Associate Professor of Medicine in the Division of Cardiovascular Disease at Duke University Medical Center states, **“We can all reduce our risk of heart disease by making healthy lifestyle choices like eating a healthy and balanced diet, exercising regularly, quitting smoking, limiting alcohol intake, and getting enough sleep.”**

Heart Disease Prevention and Lifestyle Changes:

- Reach and maintain a healthy weight: body mass index (BMI) < 26
- Eat healthy foods low in saturated and trans fats, sodium (salt) and added sugars
- Eat a diet that emphasizes fruits, vegetables, whole grains, poultry, fish, nuts, and low-fat dairy products, while limiting red meat and sugary foods and beverages.
- Increase your daily physical activity-exercise for 30 minutes a day at least 5 days a week
- Limit alcohol to no more than one drink a day
- If you smoke, STOP. If you don't smoke, don't start.
- Take your medicine the way it is prescribed, if your medicine causes you to feel bad contact your doctor to consider other options
- Improving mental health will allow you to improve your heart health; whether it's seeking treatment for alcohol or drug abuse or learning positive ways to manage your stress which is a vital part of your overall health.

Common Heart Attack Warning Signs

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea, feeling unusually tired or lightheaded.

How to Give Hands-Only CPR

If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest to the beat of any tune that is 100 to 120 beats per minute. Immediate CPR can double or even triple a person's chance of survival.



For More Information:

- www.heart.org or call 1-800-AHA-USA1
- <https://www.cdc.gov/heartdisease/>

Remember: **A**bstain from smoking, **B**e active and exercise regularly, **C**PR -immediate CPR helps a person's chance of survival, **D**iet is important for a healthy heart

DUKE Heart Invites YOU to Celebrate Your Heart with Them:

Passport to Your Heart's Health Cost: FREE

Feb. 16, 2018 from 11:00am - 1:00pm

Duke Hospital North at the Duke Medicine Pavilion Concourse

Durham County Men's Health Council and the Durham County Department of Public Health Present:

Be EMPOWERED and Learn to Save-A-Life Cost: FREE

Feb. 22, 2018 from 6:00pm - 7:30pm

Durham County Department of Public Health

[414 East Main Street](#)

[Durham, NC 27701](#) - Conference Room A, Second Floor

Featuring: Kevin Thomas, MD Duke Cardiologist

Duke Energy Safety Tips

- Call Duke Energy to report downed electrical lines.
- Don't touch or attempt to move any downed lines.

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<http://www.chealthc.org/makeadonation.html>

Thank you.



Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



Public Health

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