

Community Health Coalition, Inc.

308 Crutchfield Street P. O. Box 15176

Durham, NC 27704

Tel: (919) 470-8680

www.chealthc.org healthcoali@gmail.com
www.facebook.com/chealthc www.twitter.com/chealthc

Community Health Coalition, Inc.



Healthy People
2030

Improving the health of Durham
& NC communities since 1989

February 2021

Heart Health Awareness for Heart Disease Prevention

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, FACC, FHRS

Kevin L. Thomas, MD, FACC, FHRS, Associate Professor of Medicine, Division of Cardiovascular Disease of Duke University School of Medicine, and CHC Board Member states, **“Improve your health by adopting a heart-healthy lifestyle in addition to empowering yourself with knowledge of heart disease.”**

According to the American Heart Association, high blood pressure in African Americans in the United States 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 is 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 your blood pressure at home, in stores, and at pharmacies.



YMT Life Blood Pressure Monitor
disneyexperience.com

What You Can Do for Heart Health

Eat a healthy diet with fruits, vegetables, whole grains, fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and sugars.

Exercise regularly. Adults need 2 hours and 30 minutes (or 150 minutes total) of exercise each week.

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, and educational materials.

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.

Set goals for weight loss or maintenance.



Know the Signs and Symptoms of COVID-19 related to Heart Disease.

Symptoms include increasing or extreme shortness of breath with activity, chest pain, swelling of the ankles, heart palpitations or an irregular heartbeat, not being able to lie flat without shortness of breath, waking up at night short of breath, lightheadedness, or dizzy spells.

Learn the ABC'S of Heart Health.

Keep them in mind every day and especially when you talk to your health provider:

- **A**ppropriate aspirin therapy for those who need it
- **B**lood pressure control
- **C**holesterol management and cessation of smoking

For More Information, Call or Click on the Links to the Websites.

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

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

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