Smart at Heart: How to Make 2017 The Healthiest Year of Your Life!

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Symptoms of a Heart Attack

- Chest pain, discomfort, pressure or squeezing are the most common symptoms for men and women.
- Women are somewhat more likely than men to experience other heart attack symptoms, including:
  - Unusual upper body pain or discomfort in one or both arms, the back, shoulder, neck, jaw, or upper part of the stomach
  - Shortness of breath
  - Nausea/Vomiting
  - Unusual or unexplained fatigue
  - Breaking out in a cold sweat
  - Light-headedness or sudden dizziness
- If any of these symptoms occur, call 9–1–1 for emergency medical care.

Source: Mosca et al. 2010.
American Heart Association
F.A.S.T. IS

- **F**ace Drooping Does one side of the face droop or is it numb? Ask the person to smile.
- **A**rm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S**peech Difficulty Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **T**ime to call 911 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.
a holistic 10-step approach to preventing and healing heart disease for women

smart at HEART

malissa wood, MD
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Being Smart at Heart!

- Physical Health
- Emotional Health
- Stress Management
- Exercise
- Nutrition
- Relationships
- Communication
- Environment
- Mindfulness
- Modification
Physical Health

- Know your numbers:
  - Blood pressure, body mass index, cholesterol
- Family History
- What is your individual risk
- What can you do about it
- Health Maintenance
Living Better with “Life’s Simple Seven”

Building healthier lives free of cardiovascular disease & stroke.

Life’s Simple 7™
In a recent national survey...

39% of adults thought they were in ideal cardiovascular health

54% of these adults also reported that a doctor had told them they had a risk factor for heart disease and needed to make a lifestyle change to improve their cardiovascular health.

Fewer than half of those surveyed knew their cholesterol, BMI, or glucose numbers.
Less than 1% of Americans are in ideal cardiovascular health.
There is good news
If you are in ideal cardiovascular health by the age of 50, you can expect to live another 40 years free of heart disease and stroke.

1. Don’t Smoke
2. Get Active
3. Manage Blood Pressure
4. Control Cholesterol
5. Reduce Blood Sugar
6. Eat Better
7. Control your Weight

Aim to be in ideal status in each category for ideal cardiovascular health!
Don’t Smoke

Smoking is the number one modifiable cause of death.

Take Action!

• Talk with your healthcare provider
• Focus on the rewards
• Plan your response to roadblocks
Get Active

- People who exercise have better health than those who do not
  2 ½ hrs of regular moderate vigorous activity weekly

Take Action!

- Choose activities you enjoy
- Partner with someone
Manage Blood Pressure

High blood pressure is the single most significant risk factor for heart disease!

Take Action!

• Know your numbers
• Track your progress
• Learn healthy habits for eating well & staying active.
Control Cholesterol

- Cholesterol is a soft, waxy substance that can build up in the walls of arteries
- Too much cholesterol in your blood places you at major risk for heart disease and stroke
- Aim: LDL – low & HDL – high

Take Action!

- Follow your healthcare provider’s advice
- Make healthy food choices
- Get active
Reduce Blood Sugar

- High blood sugar promotes the growth of plaque in your arteries
- Increases your risk for heart disease and diabetes

Take Action!

- Make good food choices
- Commit to regular physical activity
- Maintain a healthy weight
Eat Better

A variety of heart-healthy nutrition keeps you living at your best health potential.

Take Action!

Say yes to:

• Lots of fruits and vegetables
• Whole grain carbohydrates
• Fat-free and low-fat dairy products
• Fish with omega-3 fatty acids

Say no to:

• Foods and beverages with added sugar
• Products high in sodium
Lose Weight

A BMI of less than 25 is optimal for cardiovascular health.

Take Action!

For effective weight loss, start here:

• Know your BMI
• Know how many calories you need

The weight-loss plan:

• Reduce calories in: plan your food choices and stick with your plan
• Increase calories out: engage in regular physical activity, 30-45 minutes per day
My Life Check

**QUESTIONS 1 TO 9**

- **Are you male or female?**
  - Male
  - Female

- **What is your age?**
  - _____ years

- **What is your ethnicity?**
  - Select...

- **How tall are you?**
  - _____ feet _____ inches

- **What is your zip code?**
  - _____

- **Have you been diagnosed by a healthcare provider as having any of these conditions?**
  - Yes
  - No
  - More about conditions

- **Do you have diabetes?**
  - (either type 1 or type 2)
  - Yes
  - No

- **What is your weight?**
  - _____ pounds

- **How much physical activity do you get in a week?**
  - _____ minutes of moderate activity
  - _____ minutes of vigorous activity

- **Moderate intensity**
  - A person doing moderate-intensity aerobic activity can usually talk, but not sing, during the activity.

- **Vigorous intensity**
  - A person doing vigorous-intensity activity usually cannot say more than a few words without pausing for a breath.

- **More about physical activity**

- **Coronary heart disease/chest pain**
- Heart attack
- Heart failure
- Stroke/TIA
- Vascular disease
- Congenital heart defects
My Life Check
Website

www.heart.org/MyLifeCheck

Life’s Simple 7™
Emotional Health

- Depression and anxiety linked to heart disease
- Are you living under undue depression/anxiety?
- Develop strategies for dealing with this
- Seek professional help when necessary
- Tips: Understand what makes you anxious
  - Address the issues directly
  - Don’t relive the drama
Stress Management

• Stress leads to unhealthy behaviors
• Stress can raise blood pressure, heart rate and lead to sedentary behavior
• Leads to problems with sleep, headaches, back and neck pain, palpitations
• Solutions:
  • Be thankful for the stress
  • Forget perfection
  • Breathe deeply
    • Relaxation response
Relationships

- Who we choose to spend time with affects our health
- The power of social connections
- Loneliness
- Unhealthy relationships
Relationships

- Assess your close relationships
  - Defuse/disengage from toxic or unhealthy relationships
  - Embrace and cherish those around you who are truly supportive

- Find and build a supportive network
- Do your part-listen well and actively engage
- Positive and negative health habits pervade our social networks
- Be an agent of change not only for yourself but for your friends and family
Your Environment

- Where you spend your time can affect how you feel: Important aspects include: light, air quality, lack of clutter, clean air,
- Disorganized living translates into poor health
- Creating an environment that is peaceful, healthy and enjoyable is key
- Improve natural light
- Add some green
Communication

- Miscommunication is responsible for many of the issues we encounter on a day to day basis
- Technologically driven society – texting IM’ing, email
- Negatively charged communication can be harmful to our health
- Manage how you communicate—even with yourself!
Conclusions:

- Women are at risk of heart disease
  - A lifelong approach to prevention is necessary, it is never too late to change your health habits
  - Recognize symptoms when they occur
  - Never be afraid to seek medical attention
  - Know your risk and numbers
  - Engage friends and family in making healthy choices
Know Your Numbers...Tell a Friend!