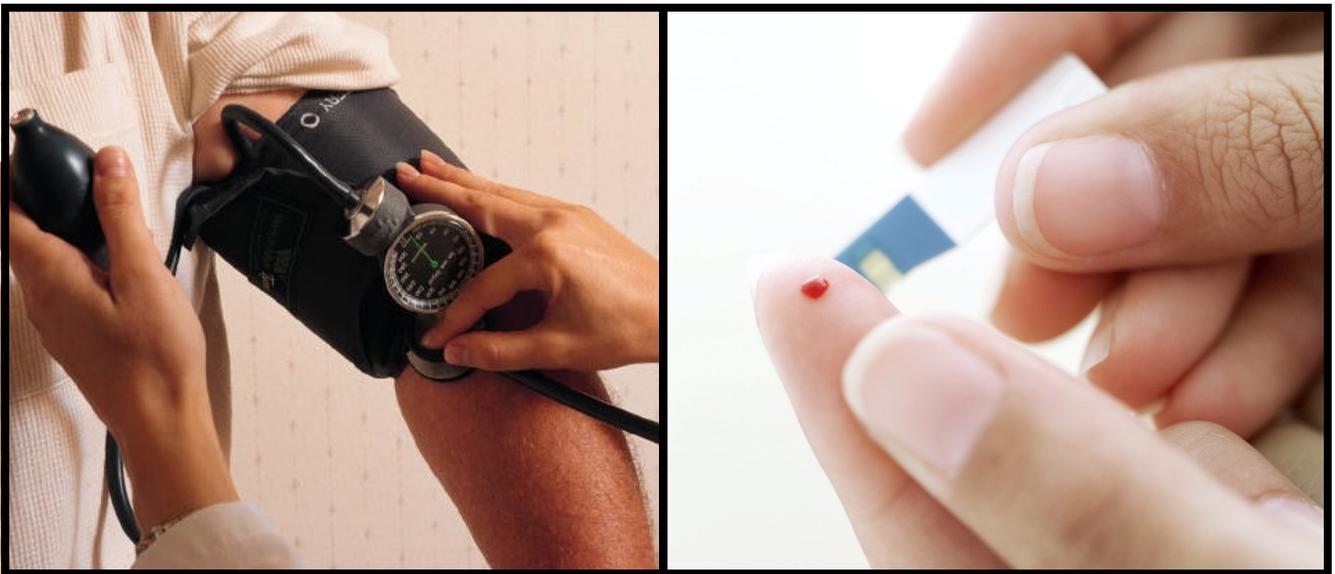


Week 11

HEART DISEASE & DIABETES PREVENTION



Preventing Heart Disease¹

Heart disease is the number 1 killer of all Americans, especially women. Many women think breast cancer is # 1, but heart disease kills 7 times more women than breast cancer. Heart disease has many risk factors, some of which you can control.

Risk factors you can control

- Overweight/obesity
- Smoking or tobacco use
- High blood pressure
- High cholesterol or triglycerides
- Sedentary or lack of exercise routine
- Diabetes
- Excessive alcohol intake
- Stress (sometimes we create)

Risk factors you can't control

- Family history of heart disease
- Gender (Males are at higher risk)
- Race or Ethnicity: (African-Americans/ Blacks are at highest risk based on race. Native Americans, Mexican-Americans, Native Hawaiians, and some Asian Americans are at high risk)
- Stress

How can you lower your risk of heart disease and control risk factors?

- Be active as least 30 minutes per day on most days of the week
- Eat 2 to 4 cups of fruit and/or vegetables daily
- Choose whole grains for your cereal, bread, pasta, or rice
- Avoid trans fats (be sure to read labels)
- Limit saturated fat (fat from animal products) to about 8 ounces of lean meats daily & choose low fat dairy products
- Eat seafood at least twice a week
- Prepare foods by grilling, baking or broiling - avoid frying anything
- Use liquid vegetable oils and soft margarines in place of hard margarine or shortening
- Limit cakes, cookies, crackers, pastries, pies, muffins, doughnuts, and French fries made with trans or saturated fats
- Avoid added sugars in food and drinks, such as sugary sodas, baked goods and candies
- Lose weight or maintain weight to get close to a BMI between 18.5 and 24.9
- Limit alcoholic beverages (particularly if your triglyceride level is high) to 1 per day for women, 2 per day for men - one serving equals 1 ounce hard liquor, 4 ounces wine or 12 ounces beer
- Avoid salt and high sodium foods, such as fried and processed foods
- Avoid smoking, tobacco, secondhand smoke and e-cigarettes
- Keep your total cholesterol under 200 with HDL (the good one) at least 40 for men and post-menopausal women, 60 for pre-menopausal women
- Keep your blood pressure under 120/80
- Keep your blood sugar well controlled if you have diabetes

These guidelines should be followed by anyone over the age of 2 years to lower their risk of heart disease.

Source: American Heart Association guidelines



SIGNS AND SYMPTOMS OF HEART ATTACK AND STROKE

If you think you are or someone else is having a heart attack or stroke,
CALL 911 IMMEDIATELY!

Do not drive yourself to the hospital. Many people die in the parking lot of a hospital because they tried to drive themselves.

Signs and symptoms of a heart attack:

- Chest tightness, pressure, squeezing or fullness (feeling like an elephant is sitting on your chest)
- Shortness of breath
- Pain in the middle or upper back, neck, or jaw
- Pain or discomfort in one or both arms
- Nausea and vomiting
- Indigestion
- No appetite
- Fatigue and weakness
- Nagging cough
- Dizziness or light-headedness
- Feeling your heart flutter
- Nausea and lightheadedness
- Cold sweats

Signs and symptoms of a stroke:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble talking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Not all people will experience all signs or symptoms.

**DO NOT WAIT IF YOU HAVE ANY OF THESE SYMPTOMS
OR JUST DON'T FEEL RIGHT. CALL 911 RIGHT AWAY!**

CPR (Cardio-Pulmonary Resuscitation) saves lives. The Red Cross and most hospitals offer CPR training at very reasonable cost. Even children can be taught to perform CPR.

These classes usually include training in the use of AEDs (Automatic External Defibrillator). Most public buildings including schools and worksites have AEDs which are used to help a person's heart return to normal rhythm.

Diabetes Prevention

Diabetes is one of the leading causes of death in the United States. It may be prevented or improved with some healthy changes.

Your risk for diabetes is higher if you:

- Have a BMI of greater than or equal to 25
- Have a family member with diabetes
- Had gestational diabetes during a pregnancy
- Had a baby weighing more than 9 pounds at birth

Everyone can lower their risk of diabetes by:

- Maintaining or losing weight toward a BMI of 18.5 to 24.9
- Getting regular exercise
- Following a healthy eating plan with lots of fruits, vegetables, and whole grains
- Limiting fat intake
- Avoiding tobacco and secondhand smoke

Habits to help prevent diabetes:

- Lower BMI by 1 or 2 points
- Eat healthier—more fruit and veggies
- Regular physical activity
- Stopping smoking—Smokers with diabetes are at higher risk for complications like blindness, amputations, heart attack, and need for dialysis due to kidney failure.

In just a moment, you can find out if you might be at risk for developing diabetes. If your risk is high, you should avoid tobacco and smoking, and maintain a healthy eating and exercise plan. If you already have diabetes, you should keep your blood sugar well controlled with medications or insulin as prescribed by your doctor, avoiding tobacco and smoking, and following a healthy eating and exercise plan. Educational classes are available in most communities if you or a family member has diabetes. If you are in Hillsborough county, your health department provides diabetes self-management classes and diabetes prevention classes. Some people may have “pre-diabetes”. This means their glucose or blood sugar level is not in the normal range but is not high enough yet to have diabetes. They should follow a healthy eating and exercise plan, lose weight if needed, and avoid smoking and tobacco. This may help prevent diabetes. Pre-diabetes often turns into diabetes because healthy changes are not made that could lower the risk.

If you are 45 years or older, you should have your blood sugar tested by your doctor every 3 years. If you are overweight, you should have it tested more often and at a younger age.

Guidelines for blood sugar or glucose¹

	Fasting	2 hours after a meal
Normal	Less than 100 mg/dl	Less than 140 mg/dl
Pre-Diabetes	100 to 125 mg/dl	140 to 199 mg/dl
Diabetes	More than 125 mg/dl	200 mg/dl or more

¹ [American Diabetes Association](#)

Could you have diabetes and not know it?

About 30 million Americans have diabetes, and nearly 1/3 of them don't know it! If you answer "yes" to one or more of the following questions you may be at higher risk for diabetes or pre-diabetes.

Question
Are you overweight or obese (have a BMI or Body Mass Index of 25 or above)?
Are you Hispanic/Latino, Black, Native American, Asian-Americans, or Pacific Islander?
Are you under 65 years of age <u>and</u> get little or no exercise during the day?
Do you have high blood pressure?
Are you older than 65.
Have you given birth to a baby weighing more than 9 pounds.
Did you develop diabetes during pregnancy?
Do you have a sister or brother with diabetes?
Do you have a parent with diabetes?

Your health care provider can determine if you have diabetes by running some simple tests.

Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, stroke, kidney failure, and amputations. More children are being diagnosed with diabetes than ever before. This appears to be directly related to the increased rates of overweight and obesity in children.

Some people with diabetes have symptoms and some do not. If you have any of the following symptoms, contact your doctor:

- Extreme thirst
- Frequent urination
- Unexplained weight loss

For more information on diabetes call 1-800-DIABETES.

Source: American Diabetes Association at www.diabetes.org

**The information contained in this lesson is intended as a guide
and is not a substitute for medical advice, treatment, and/or consultation
with your doctor or health care professional.**

Smoking and Tobacco

Smoking and tobacco use cause death and disease. The risk of death is greater for obese smokers than it is for people who have never smoked and are at a normal weight. However, anyone who smokes is at greater risk for disease and death from tobacco-related illnesses. Cigarette, cigar smoke, chewing tobacco, snuff and e-cigarettes have chemicals which can cause cancer and contribute to heart disease, asthma, and other lung problems.

Secondhand smoke is also very harmful, particularly to babies and children, the elderly, pregnant women, those with lung diseases like asthma or emphysema, and even to pets. Anyone who has contact with secondhand tobacco smoke is at risk for health problems.

There are many ways to get help to quit smoking including support groups, online support, telephone-based counseling, medications, and nicotine replacement therapy such as patches, gums, inhalers and lozenges. Some people think if they are older it will not benefit them to quit smoking because they've used it for so long. NOT TRUE! Anyone who quits at any age or stage of their life will have health benefits. Many health conditions and problems could be avoided if you or your loved ones quit today. Most states have free online and/or telephone support lines for help in stopping the use of tobacco.

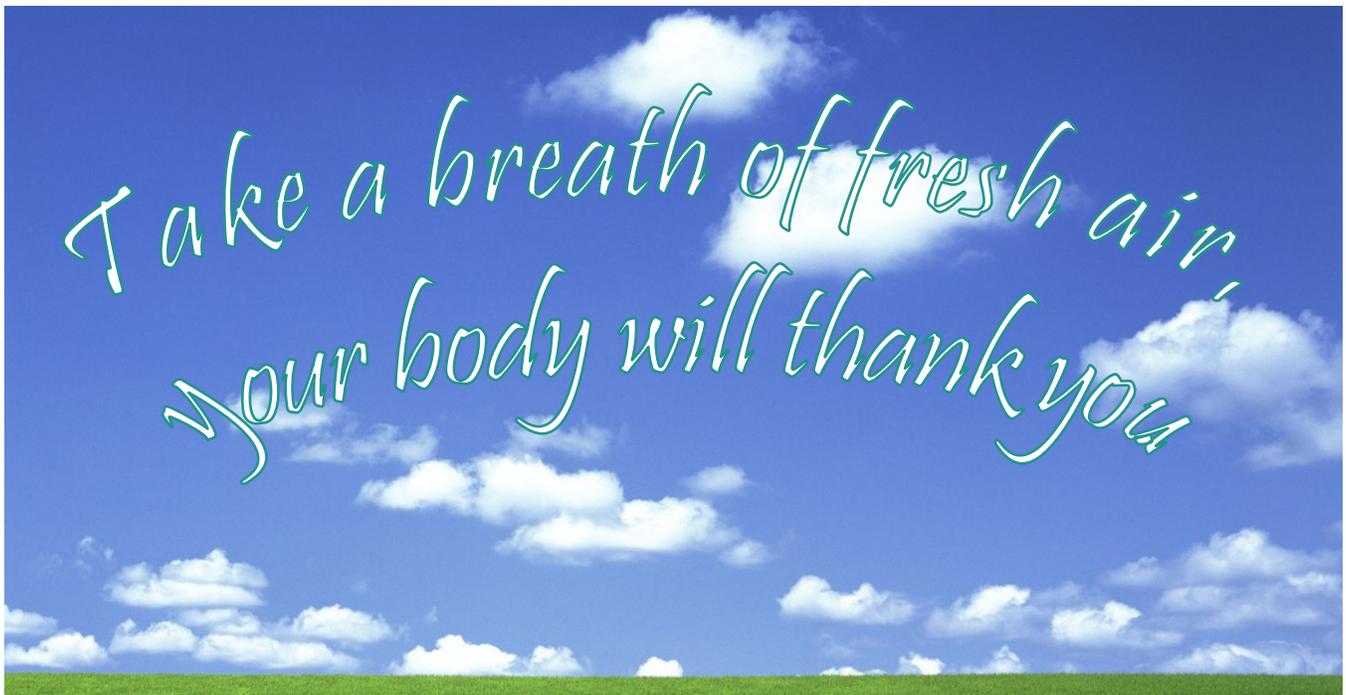
There is no safe tobacco product, and there is no safe level of exposure to tobacco smoke!

Resources:

www.tobaccofreeFlorida.com: 1-877-U-Can-Now (1-877-822-6669)

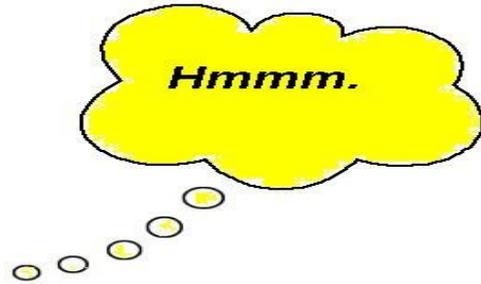
www.tobaccofreekids.org/

<http://smokefree.gov/> 1-800-Quit-now (1-800-784-8669)



Optional:

Reflection and Test your Knowledge questions.



Reflection: After reviewing this week's lesson, think about the topic discussed and how it relates to you

1. Do you currently have heart disease? What are you currently doing to improve your health?
2. Do you currently have diabetes or pre-diabetes? What are you currently doing to control and/or improve your blood sugar level?
3. Do you use tobacco? Do you have a plan quit?

Test your knowledge

1. Who is more likely to die from heart disease, men or women?
2. List 2 risk factors you can and 2 risk factors you cannot control?
3. What is pre-diabetes?
4. What are some diseases related to smoking and tobacco use?

**Do you have any specific questions or need advice?
Click the button below to "Ask the Dietitian"**

