

What is Heart Disease

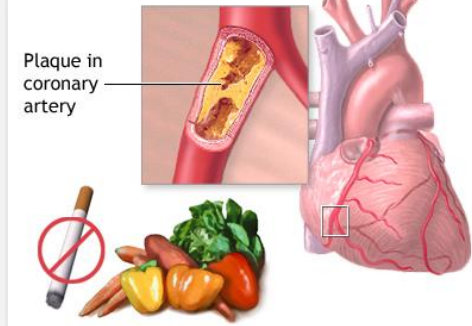
Heart disease is the leading cause of death in the United States for both men and women. People of all ages and backgrounds can get the condition. Coronary heart disease alone costs the United States \$108.9 billion each year.

Heart and blood vessel disease—also called heart disease—includes numerous problems, many of which are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

How is stress related heart problems?

The stress itself can be a problem. It raises your blood pressure, and it's not good for your body to constantly be exposed to stress hormones (cortisol, epinephrine, norepinephrine). Studies also link stress to changes in the way blood clots, which makes a heart attack more likely.

Quitting smoking, a healthy diet and exercise may reduce your risk of heart disease



A heart is a terrible thing to waste!

A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die. Most people survive their first heart attack and return to their normal lives to enjoy many more years of productive activity. But having a heart attack does mean you have to make some changes in your lifestyle. Treatment of heart attack include medications, such as beta blockers (carvedilol, atenolol, bisoprolol), ACE-inhibitors (ramipril, lisinopril), aspirin or plavix (if aspirin allergic), and a statin (crestor, lipitor, zocor). Interventions for heart attack include coronary angioplasty (cardiac catheterization), where your cardiologist will insert wire through vessels in groin or wrist in order to correct blockage in heart.

An ischemic stroke (the most common type) happens when a blood vessel that feeds the brain gets blocked, usually from a blood clot.

News You Can Use

The “Health Color” for the second Sunday (February 14) is RED in observance of National Heart Month & Valentine’s Day!!

Registration STILL OPEN for "Nutrition / Healthy Food Preparation / Weight Loss / Aerobics & Physical Activity / Scale Back Alabama" - January 25 - April 30, 2016

When the blood supply to a part of the brain is shut off, brain cells will die. The result will be the inability to carry out some of the previous functions as before like walking or talking. A hemorrhagic stroke occurs when a blood vessel within the brain bursts. The most likely cause is uncontrolled hypertension. This is the reason why blood pressure is a “silent killer”

Some effects of stroke are permanent if too many brain cells die after a stroke due to lack of blood and oxygen to the brain. These cells are never replaced. The good news is that some brain cells don't die — they're only temporarily out of order. Injured cells can repair themselves. Also, other brain cells may take control of those areas that were injured. In this way, strength may improve, speech may get better and memory may improve; but this is not always the case.

Other Types of Cardiovascular Disease

Heart failure: This doesn't mean that the heart stops beating. Heart failure, sometimes called congestive heart failure, means the heart isn't pumping blood as well as it should. The heart keeps working, but the body's need for blood and oxygen isn't being met. Heart failure can get worse if it's not treated.

Arrhythmia: This is an abnormal rhythm of the heart. There are various types of arrhythmias. The heart can beat too slowly, too fast or irregularly. Bradycardia is when the heart rate is less than 60 beats per minute. Tachycardia is when the heart rate is more than 100 beats per minute. An arrhythmia can affect how well the heart works. The heart may not be able to pump enough blood to meet the body's needs. Treatment includes pacemaker and/or medications to control heart rate.

Heart valve problems: When heart valves don't open enough to allow the blood to flow through as it should, it's called stenosis. When the heart valves don't close properly and allow blood to leak through, it's called regurgitation. When the valve leaflets bulge or prolapse back into the upper chamber, it's a condition called mitral valve prolapsed. When this happens, they may not close properly. This allows blood to flow backward through them. Treatment includes surgery and medications to help reduce risk of developing stroke. Blood thinner medications include Coumadin (warfarin), Xarelto, and Eliquis to name a few.

How Do I limit my risk of developing or worsening my heart disease?

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. New studies indicate that eating like Mediterranean people can lower risk of high cholesterol, heart disease and even improve longevity and even lower risk of developing Alzheimer's and Parkinson's disease. Aim for at least 30 minutes of moderate physical activity on most days of the week or—best of all—at least 30 minutes every day!

What is the Mediterranean diet/lifestyle?

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts (unsalted)
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

How do I understand my cholesterol results?

1. Total blood (or serum) cholesterol—A total cholesterol score of less than 180 mg/dL is considered optimal.
2. HDL (good) cholesterol, “Good cholesterol”—With HDL cholesterol, higher levels are better. Low HDL cholesterol puts you at higher risk for heart disease. Goal HDL >40 for males and >50 for females.
3. LDL (bad) cholesterol “Bad cholesterol”—A low LDL cholesterol level is considered good for your heart health. Former goal for LDL , <70.
4. Triglycerides—Triglyceride is the most common type of fat in the body. Atherosclerosis is the buildup of these fatty deposits in artery walls that increases the risk for heart attack and stroke.

****Monthly Message**** Develop better food and lifestyle habits for your body. Learn proper portions (no larger than your palm) and remember to do so for the glory of God. He is able to help you if you allow him to. Be a blessing to others and share this valuable information.

In His service,
H-3 ministry

1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God" (NIV)

Gastroesophageal Reflux Disease (GERD)

References: <http://www.ebscohost.com/dynamed>, <http://www.niddk.nih.gov>, <http://www.health.harvard.edu>, <http://aafp.org>