

A woman with blonde hair, wearing a red top, is looking up at a large, vibrant red heart-shaped balloon. The balloon is held by a thin pink string that she is holding in her hand. The background is a plain, light color.

**Turning on the
Power:
Behavioral
Change and
Heart Disease**

Avril James
Maynard,
MPH
Southside
Women's
Heart
Program
Coordinator

Question:



FALSE

True or False

Heart Disease is an older persons disease?

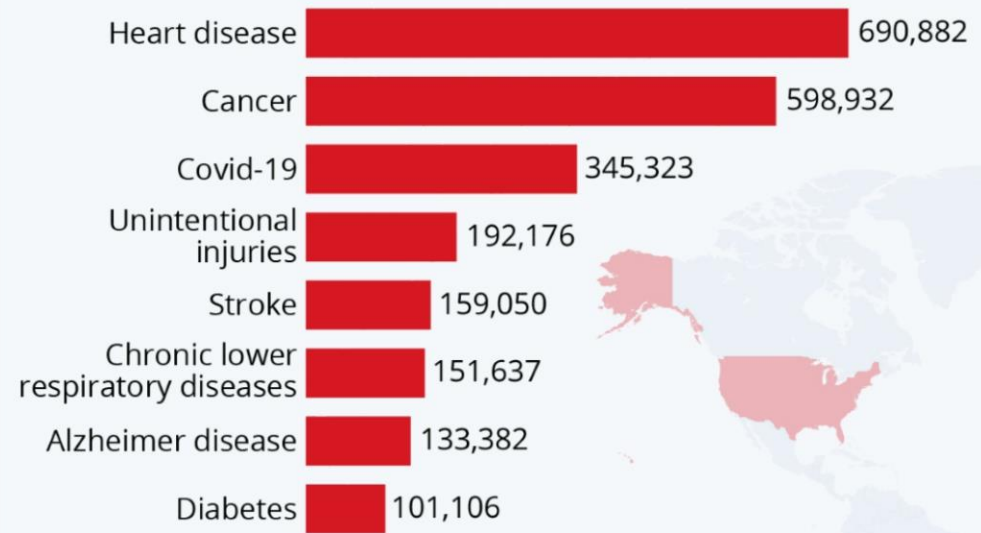
More Prolific than Cancer

Heart disease and stroke are top causes of death.

Heart disease
is the leading
cause of death
in the US.

Covid-19 Was America's Third Leading Cause Of Death In 2020

Number of deaths for all leading causes of death in the U.S. in 2020



Source: Centers for Disease Control and Prevention



statista

Question:



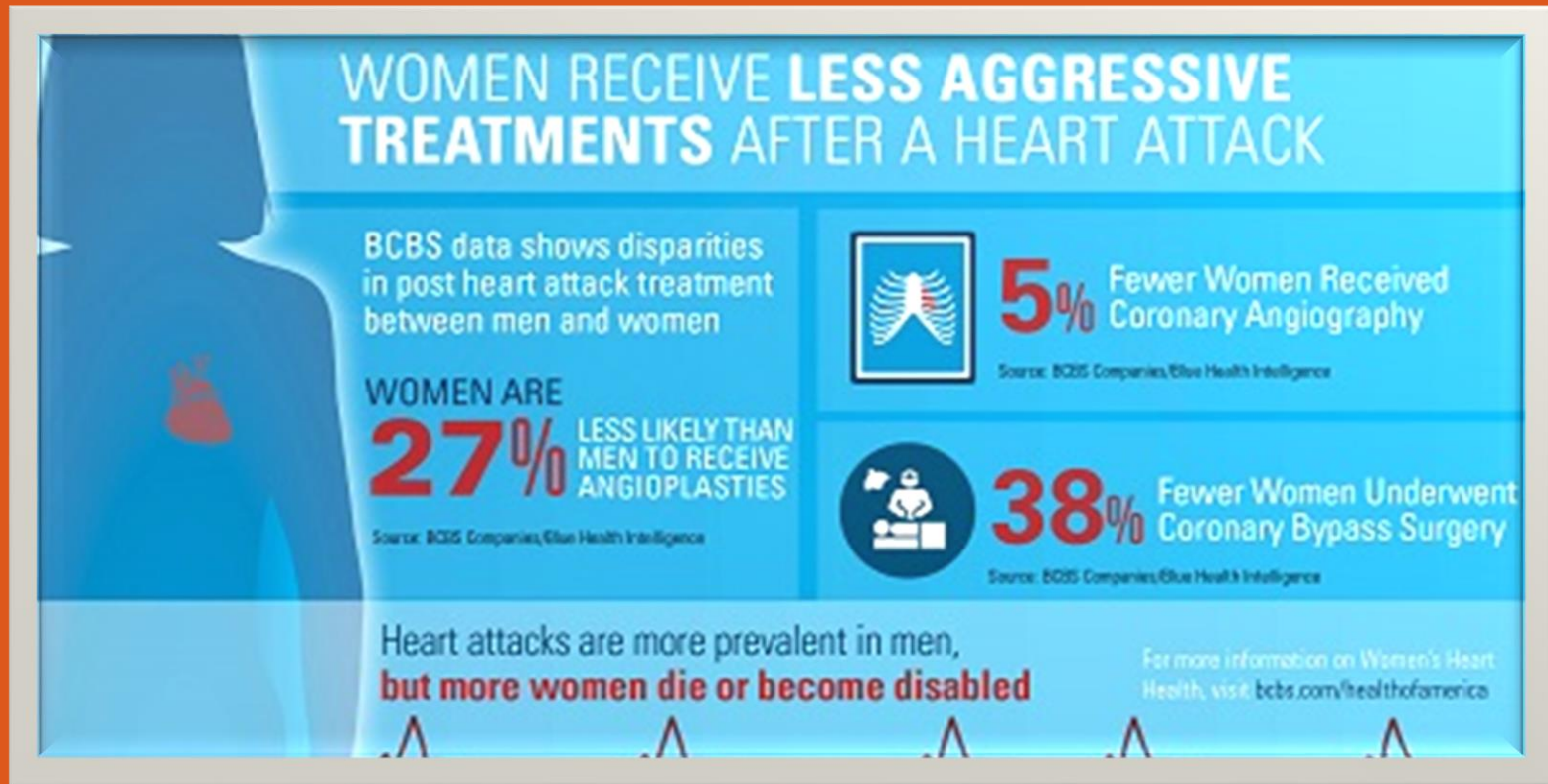
FALSE

True or False

Heart disease is more of a problem for men?

Not Just a Man's Disease

Women and men aren't *treated* equally.



Question:



YOU CAN
MAKE A
CHANGE!

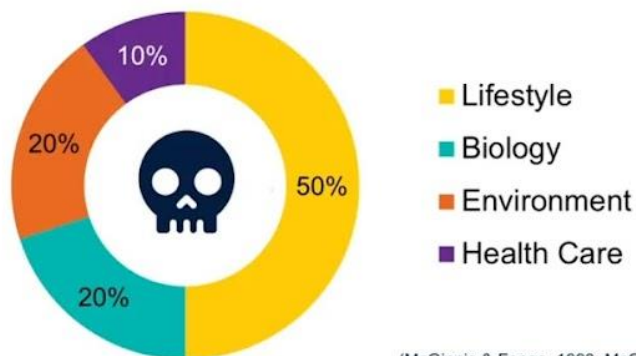
True or False:

80% of heart disease and stroke events may be prevented by lifestyle and education?

You are in control!

What Compromises Health Outcomes?

Causes of Premature / Preventable Death



(McGinnis & Foege, 1993; McGinnis 2013)

for 50 percent of
our health status.



Risk Factors

Risk factors are conditions or habits that make a person more likely to develop a disease. There are two kinds:

Nonmodifiable

- ❖ Increasing Age
- ❖ Family History
- ❖ Ethnicity / Race

Modifiable

- ❖ Smoking
- ❖ Overweight/ Obesity
- ❖ Physical activity
- ❖ High Blood Pressure
- ❖ High Cholesterol
- ❖ Diabetes
- ❖ Poor diet
- ❖ Stress

Modifiable Risk Factors are Opportunities for Behavioral Change!

After a certain age you cannot get healthier!

Knowledge is Power

\$99 Screening

At Piedmont Heart, we understand that as a woman you need individualized care for your unique cardiovascular needs.

- We offer a comprehensive screening and prevention program just for you.

Complete Health History

- Family history, pregnancy history, depression scale assessment, sleep evaluation, functional capacity assessment

Physical Exam

- Screening for circulation abnormalities (ABI), blood pressure, BMI, waist circumference

Electrocardiogram (EKG)

- A test that checks your heart's electrical activity

Labs

- Blood sugar, cholesterol panel, high-risk cholesterol markers (Lp(a)), and inflammatory markers (CRP)

Heart Health Report

- Receive a customized plan and next steps

Schedule a women's heart screening today.

- Visit piedmont.org/heartscreening or call 706.608.8951 (Athens) 678.841.0058 (Buckhead, Fayetteville, Jasper, Newnan, Perimeter, Sharpsburg)

Smoking

The most preventable risk factor for cardiovascular disease.

- ❖ *Smoking is a greater risk factor for heart disease in women than it is in men!*
- ❖ **Smoker who have 1 to 4 cigarettes / day are 2x's as likely to develop heart disease**
- ❖ **A smoker is at risk for heart attack 19 years earlier**
- ❖ **Secondhand smoke also increases your risk of heart disease**

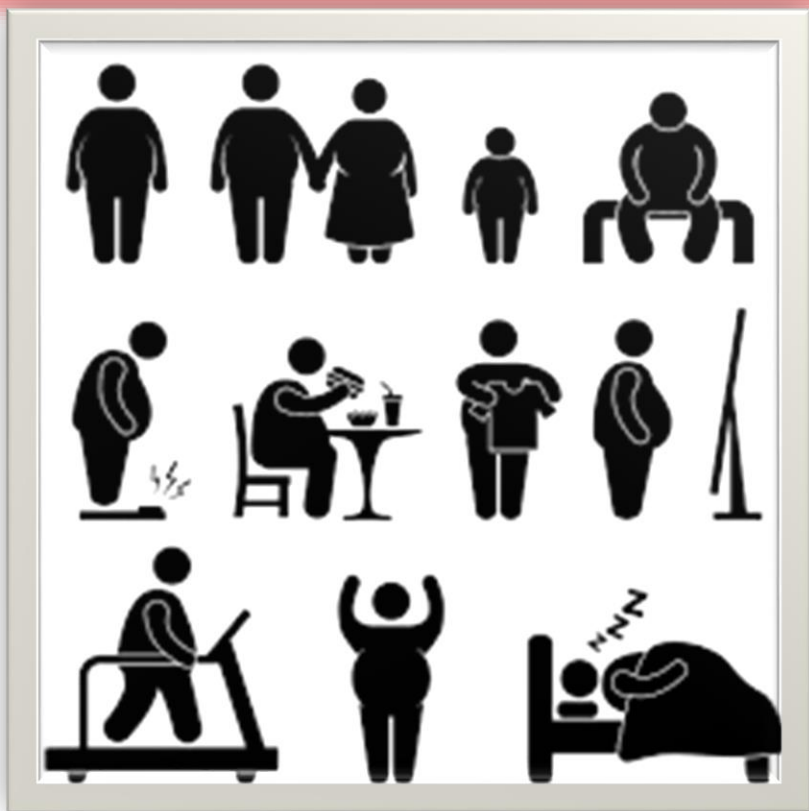


Quitting smoking greatly reduces the risk of dying prematurely

Overweight/ Obesity

In Georgia, nearly two-thirds(66%) of people are overweight or obese.

Obesity is epidemic in all age groups



- ❖ Those who are overweight/obese are more likely to have heart disease and a stroke—*even if they are young and have no family history*
- ❖ Excess weight can elevate blood pressure, increase cholesterol levels, and may lead to diabetes

Physical Activity

Lack of physical activity is a common risk factor for heart disease.



Heart disease is 2x's as likely to occur in those who are sedentary

Physical Activity

There are 1440 minutes in a day; make time to do 20-30 minutes of exercise.



High Blood Pressure (Hypertension)

Increases risk for heart disease; the most important risk factor for stroke!

Many Causes

Smoking

Lack of Physical Activity

Obesity

Family History

Race/Ethnicity

Alcohol

Sodium intake

Sleep Apnea

Birth control pill

Menopause

Remember...

> ½ of Americans will develop at some point

If you have HTN you should check and log daily!

Take your medication even if feeling well and blood pressure is in range

Know Your Numbers

At age 45 you should begin logging your blood pressure.

Blood Pressure Categories

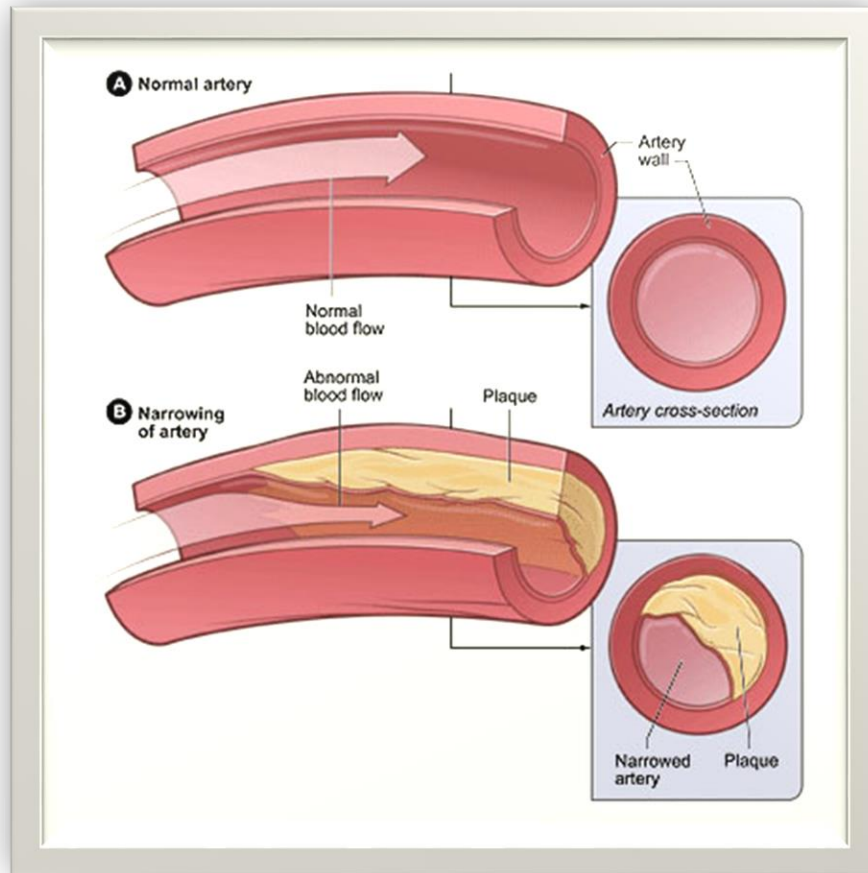


BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

High Cholesterol (Hyperlipidemia)

Cholesterol is only found in animal byproducts

What is it?



What does it do?

Cholesterol is a soft, fat like substance found in the bloodstream and in all your body's cells

Your body makes all the cholesterol it needs

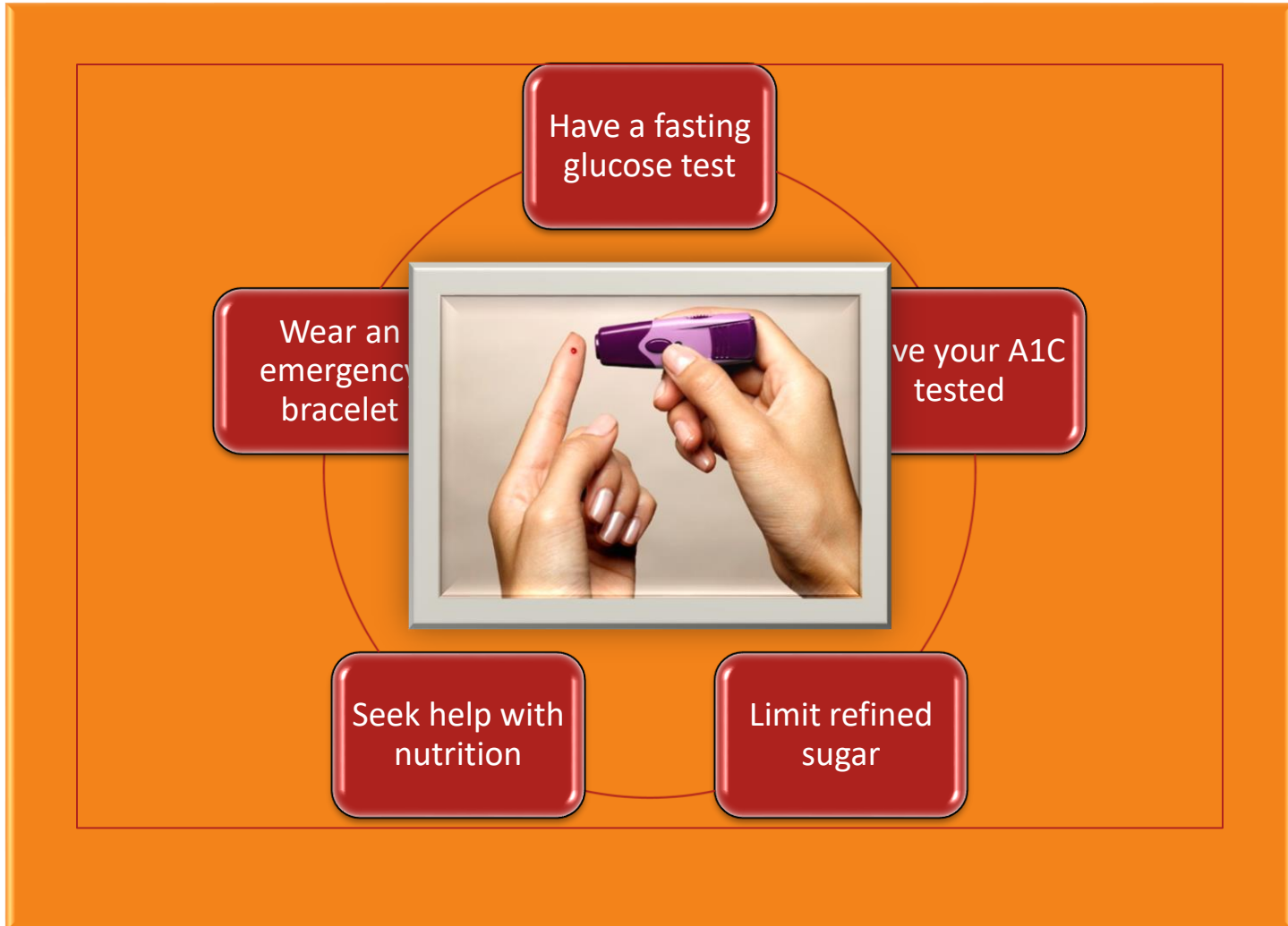
Saturated fats, trans fats and cholesterol you eat may raise your blood cholesterol level

Cholesterol can build up in the walls of arteries

High cholesterol increases risk of stroke and heart disease

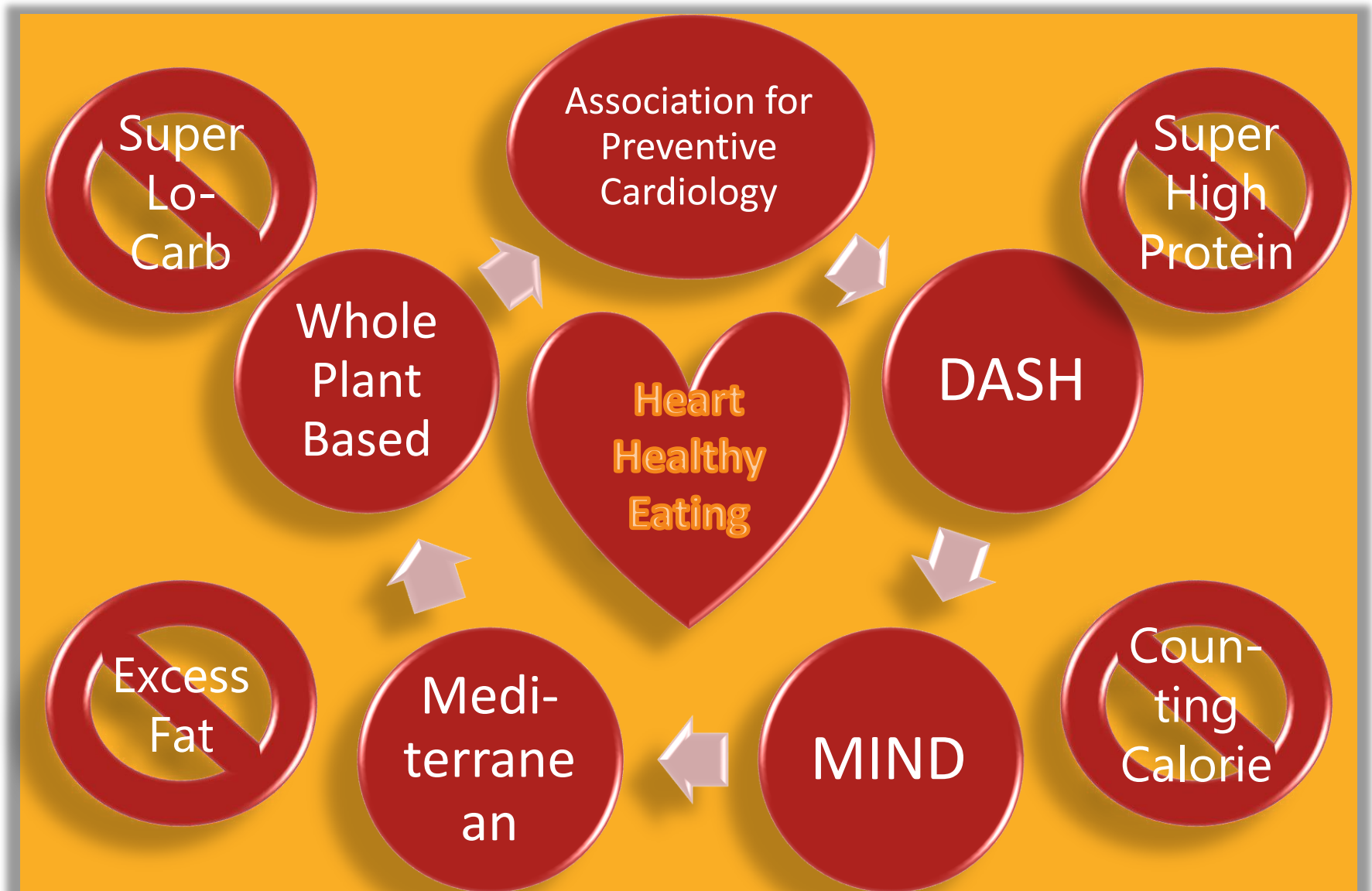
Diabetes

People with diabetes have 2-6 x's the risk of heart disease than those without.



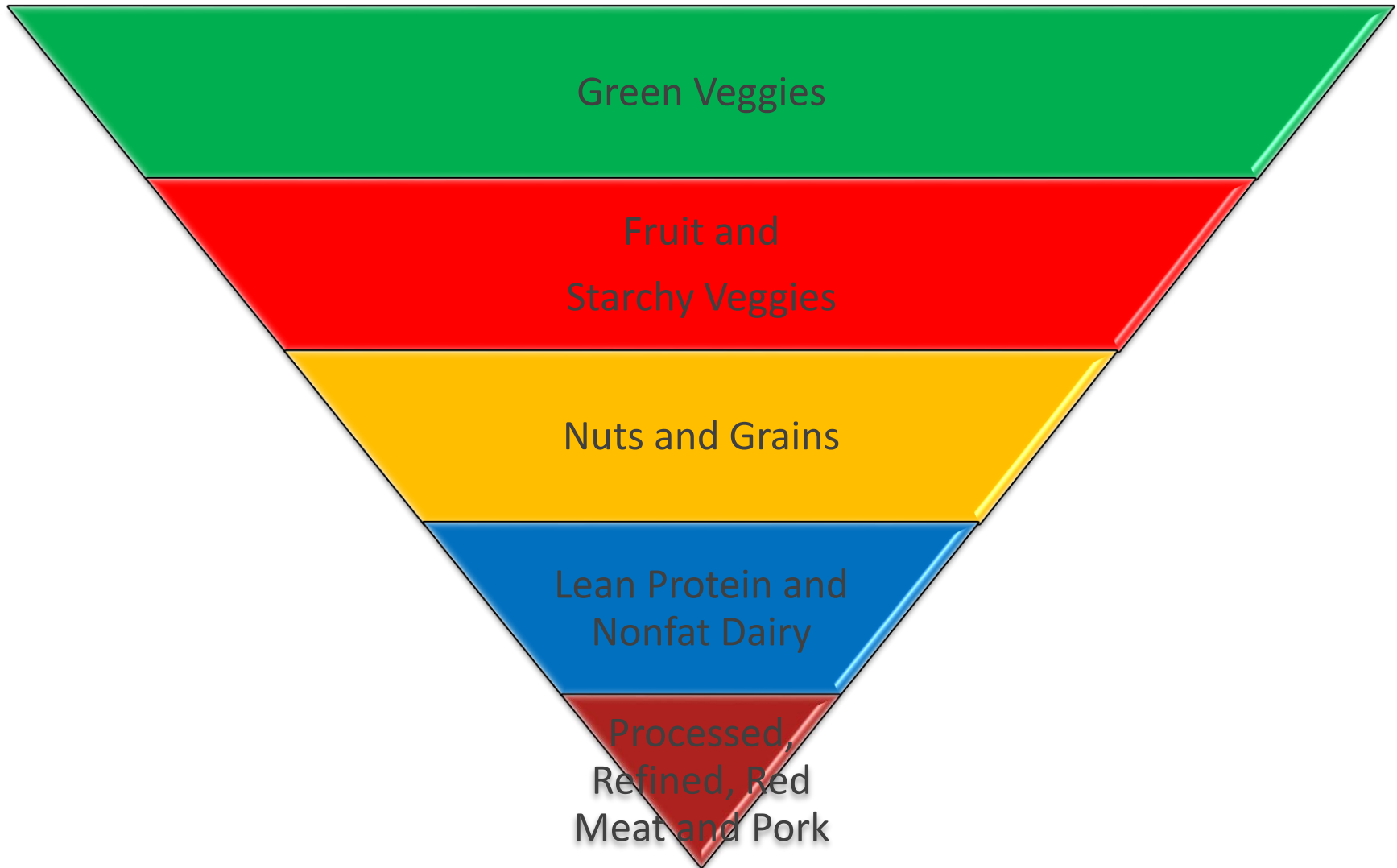
Which Diet is Best?

What will you eat? What is sustainable?



What should I eat?

No more 4 basic food groups!



5-steps

Try to do at least 2 per day!



Eat Your G-BOMBS



Limit S.O.S



One Big Salad Daily



Half your weight in water



Avoid Eating Late/ I.F

Intermittent Fasting

A natural metabolic boost

IF helps
recalibrate
hormonal
balances

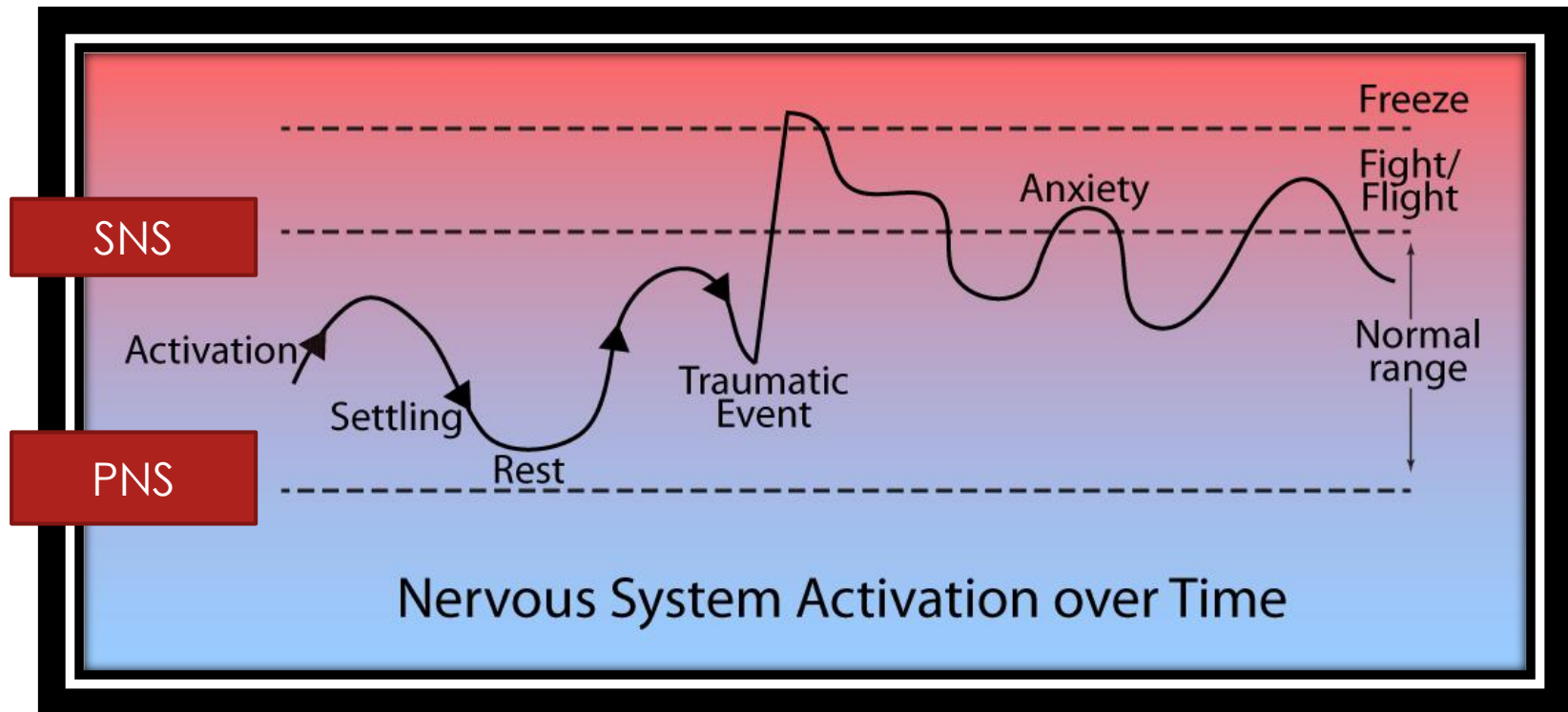
- Insulin sensitivity
- Appetite hormones
 - Leptin
 - Ghrelin

Non-scale
related
victories
(NSV's)

- Reduced inflammation
- Increased energy
- Improved focus

Autonomic Nervous System

Fight and Flight v. Rest and Digest



Stress can Hurt

Systemic Problems

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Caffeine abuse
Change in sex drive	Irritability	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems	Anger	Forgetfulness

Mindfulness

Notice what you're noticing

Practice

- Not your current way
- Learned behavior
- Neuroplasticity

Seeing Clearly

- Acknowledging your feeling
- Admitting your bias
- Being patient

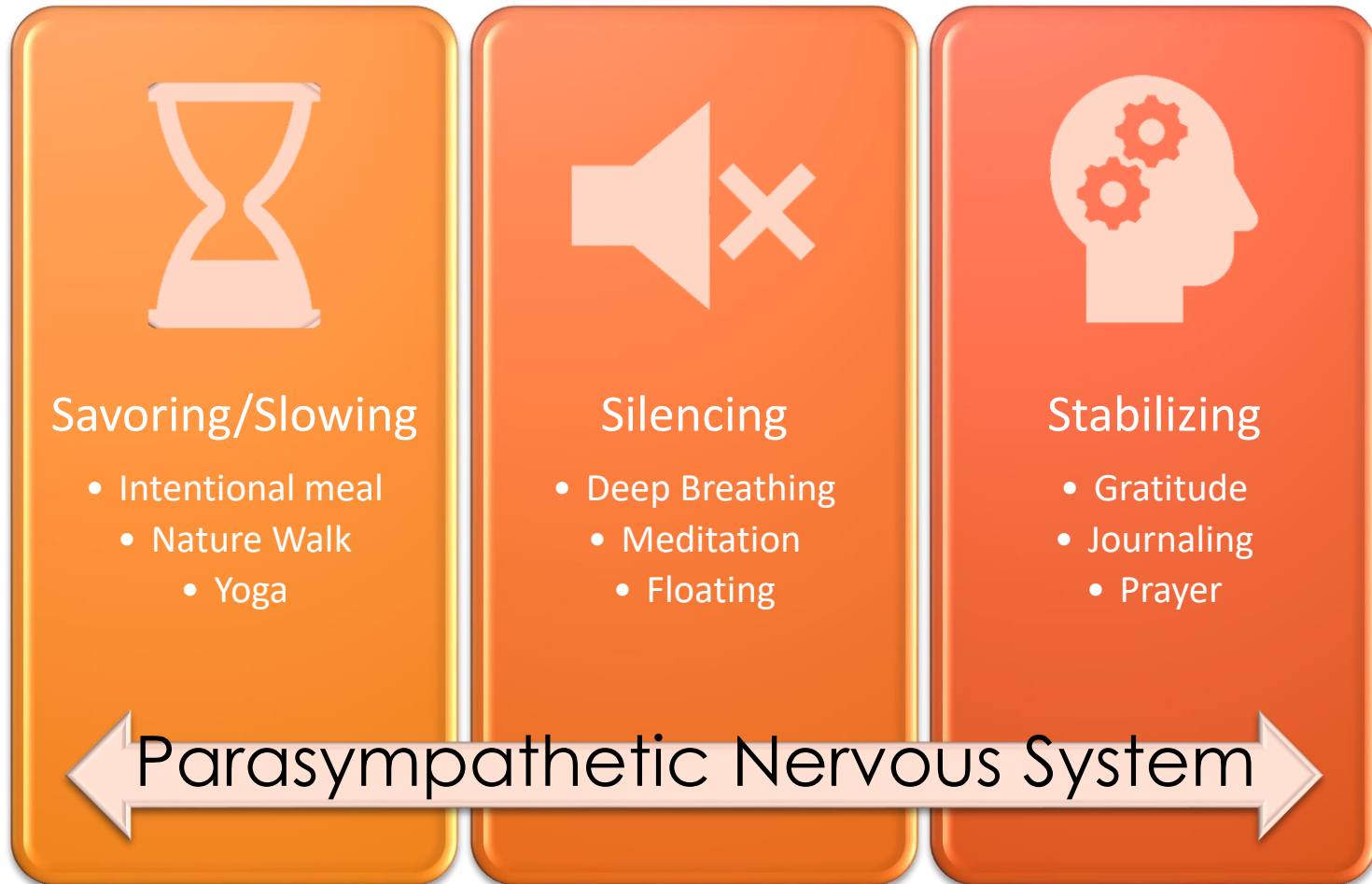
Present Moment

- Slowing down
- Breathing
- Not catastrophizing

Mindfulness: The ***practice*** of paying attention to, and ***seeing clearly***, whatever is happening in our life at the ***present moment***.

Mindfulness

An antidote for the negative effects of stress



Question:



TRUE

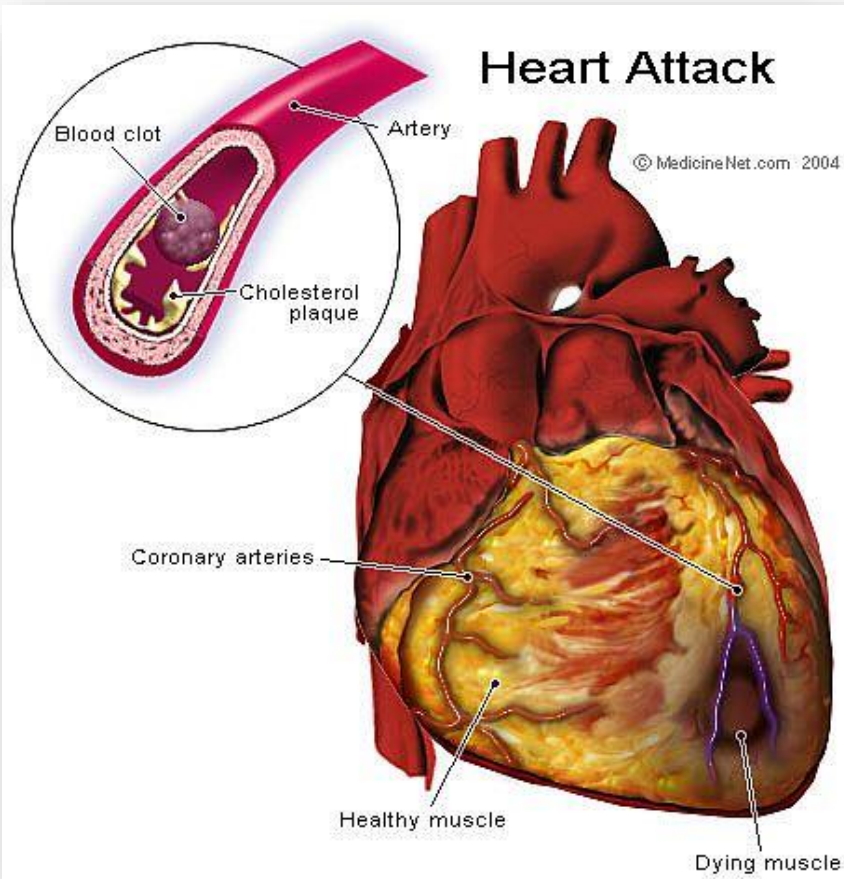
True or False

People who know the symptoms of a heart attack and stroke more likely to survive?

Heart Attack (Myocardial Infarction)

A heart attack is a life-threatening emergency!

What is it?



What happens?

A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a clot

If this clot cuts off the blood flow completely, the part of the heart muscle begins to die

MI: What are “typical” symptoms?

Don't delay seeking treatment

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN	WOMEN
Nausea or vomiting	Nausea or vomiting
Jaw, neck or back pain	Jaw, neck or upper back pain
Squeezing chest pressure or pain	Chest pain, but not always
Shortness of breath	Pain or pressure in the lower chest or upper abdomen
	Shortness of breath
	Fainting
	Indigestion
	Extreme fatigue

American Heart Association.
Go Red for women.

Source: American Heart Association's Journal, Circulation
Published April 4, 2019 | © 2019 American Heart Association, Inc.
By American Heart Association News

90% of people have at least 1 risk factor of heart disease

Some people don't experience any symptoms at all

Symptoms may begin days before the MI

Trust your intuition


Be persistent in seeking treatment

Stroke Symptoms







All about timing!


SPOT A STROKE


LEARN THE WARNING SIGNS AND ACT FAST



B **E** **F** **A** **S** **T**

					
BALANCE LOSS OF BALANCE, HEADACHE OR DIZZINESS	EYES BLURRED VISION	FACE ONE SIDE OF THE FACE IS DROOPING	ARMS ARM OR LEG WEAKNESS	SPEECH SPEECH DIFFICULTY	TIME TIME TO CALL FOR AMBULANCE IMMEDIATELY

 **CALL 911 IMMEDIATELY**

 **CALL 911 IMMEDIATELY** 30

What can you do?

Empower with the knowledge and tools to take positive actions and reduce your risk!



Control your weight and blood cholesterol with a low fat, low cholesterol, low salt diet.



Do not have more than one alcoholic drink per day!



Lower your blood pressure if it is too high. Treat high blood pressure seriously!



Don't smoke and avoid other people's tobacco smoke!



Get regular medical check-ups!



Make sure your doctor is evaluating your risk for heart disease!

Regular and Upcoming Events

Everything is free!

- **March 7 @ 6 pm—Your Atrial Fibrillation Journey:** Atrial Fibrillation is the most common type of heart arrhythmia. Join us for a town hall meeting with Dr. Kavita Krishnasamy, Piedmont cardiologist, to discuss how you can be an active participant in your care through lifestyle modification, knowing what to discuss with your physician, and have the opportunity to ask the expert.
- **March 9 @ 12 pm—Medical Self-Advocacy:** Medical advocacy is the process of becoming proactive on your health journey. Join Dr. Marsha-Gail Davis, MD, MPH for an interactive discussion on becoming fully engaged in your own health care. She will touch on two sides of self-advocacy: Self-advocacy in Healthcare and Self-advocacy in Health.
- **March 16 @ 6pm—Full Moon Yoga:** In traditional Yoga, the full moon is the time to connect to the lineage of all past great teachers. Join Yoga Master, Allen Pittman, for a 90 minute adventure aligning and coordinating with the energy of the moon to create a flexible space where he can address what is currently arising in your body.
- **March 25 @ 12 pm—Nutrition for Renal Health:** Join Registered Dietician Iris McDuffie for the first on a series on nutrition for optimal kidney health.
- Weekly Offerings to help keep you strong, flexible, and calm:
 - Mondays at 11:00 am: Online Yoga
 - Tuesdays at 9:00 am: Online Strength and Power Fitness
 - Tuesdays at 5:00 pm and Fridays at 10am: Online Guided Meditation
 - Thursdays at 5:00 pm: Online/ In-person Yoga Hybrid
 - Fridays at 11:00 am: Online Meditation

Stay Connected

We love and appreciate you!

Avril James Maynard

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piedmont.org/womensheartsupport

