

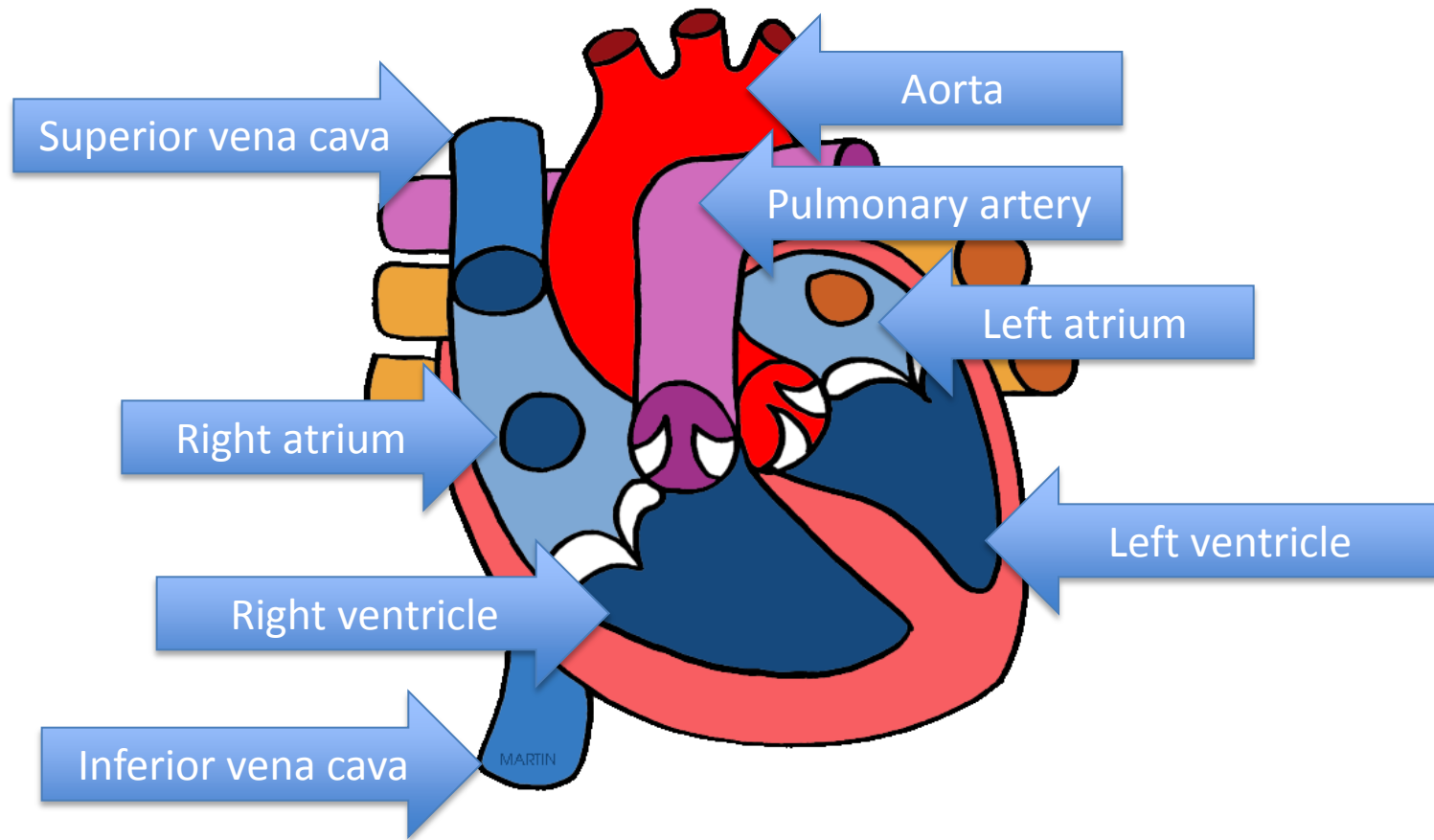


Be heart smart and  
have a healthy heart

*Compassion. Excellence. Reliability.*



# Parts of your heart





# Statistics of heart disease

- Heart and blood vessel diseases are the leading cause of death in the United States
- Nearly 2,400 deaths occur each day from heart disease
- Healthy lifestyle habits play a significant role in reducing deaths from heart disease





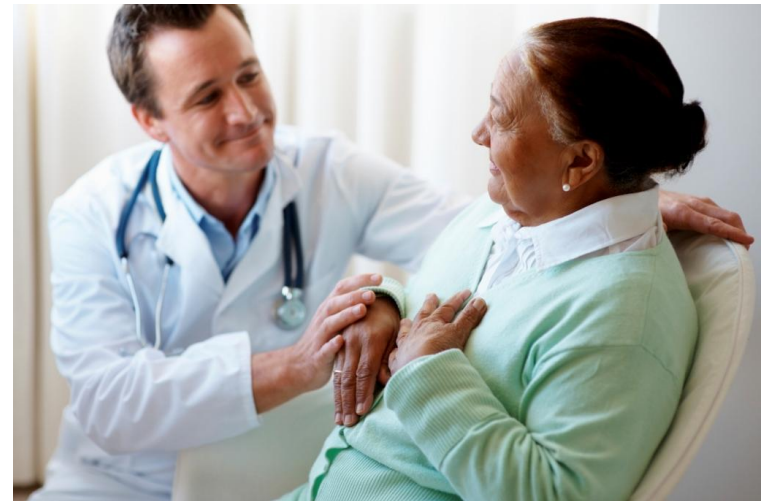
# What is heart disease?

- Heart disease is a broad term used to describe a range of diseases that affect your heart.
- Heart disease includes:
  - Secondary of your blood vessels, such as coronary artery disease
  - Heart rhythm problems (arrhythmias)
  - Heart infections
  - Heart defects you are born with (congenital heart defects)



# Heart disease symptoms

- Caused by your blood vessels (cardiovascular disease):
  - Chest pain (angina)
  - Shortness of breath
  - Pain, numbness





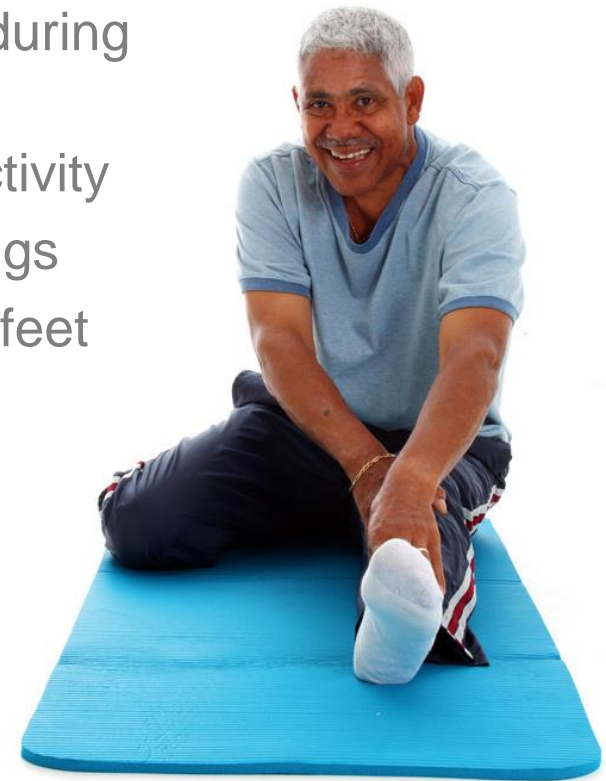
# Heart disease symptoms

- Caused by abnormal heartbeats (heart arrhythmias):
  - A fluttering in your chest
  - A racing heartbeat (tachycardia)
  - A slow heartbeat (bradycardia)
  - Chest pain
  - Shortness of breath
  - Lightheadedness
  - Dizziness
  - Fainting (syncope) or near fainting



# Heart disease symptoms

- Caused by heart defects:
  - Easily becoming short of breath during exercise or activity
  - Easily tiring during exercise or activity
  - Built-up of fluid in the heart or lungs
  - Swelling in the hands, ankles, or feet





# Heart disease symptoms

- Caused by thick heart muscle (cardiomyopathy):
  - Breathlessness with exertion or even at rest
  - Swelling of the legs, ankles, and feet
  - Bloating (distention) of the abdomen with fluid
  - Fatigue
  - Irregular heartbeats that feel rapid, pounding, or fluttering
  - Dizziness, lightheadedness, and fainting





# Heart disease symptoms

- Caused by heart infections:
  - Fever
  - Shortness of breath
  - Weakness or fatigue
  - Swelling in your legs or abdomen
  - Changes in your heart rhythm
  - Dry or persistent cough
  - Skin rashes or unusual spots





# Heart disease symptoms

- Caused by valvular heart disease:
  - Fatigue
  - Shortness of breath
  - Irregular heartbeat or heart murmur
  - Swollen feet or ankles
  - Chest pain
  - Fainting (syncope)



# Risk factors for heart disease

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Being overweight or obese
- Physical inactivity



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# Complications of heart disease

- Heart failure
- Heart attack
- Stroke
- Aneurysm
- Peripheral artery disease
- Sudden cardiac arrest



# Heart failure

A healthy heart should be able to pump blood to all parts of the body in a few seconds

When the heart can no longer do this, blood that should be pumped out of the heart backs up in the lungs and other parts of the body

This results in symptoms of heart failure: shortness of breath or swelling in the hands, legs, and feet



# Heart attack

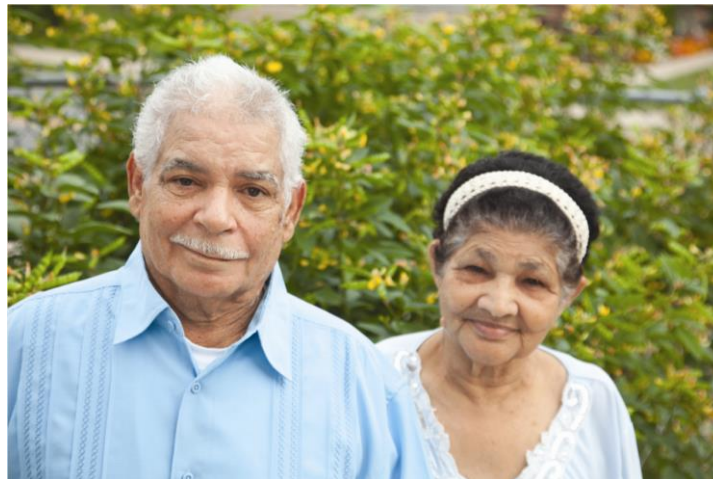
- Heart attacks usually occur when a blood clot blocks the flow of blood through a coronary artery—a blood vessel that feeds blood to a part of the heart muscle





# Stroke

- Cardiovascular disease may cause an ischemic stroke
- The arteries to your brain are narrowed or blocked and too little blood reaches your brain





# Aneurysm

- An aneurysm is a bulge in the wall of your artery
- If an aneurysm bursts, you may face life-threatening internal bleeding
- Although this is usually a sudden, catastrophic event, a slow leak is possible
- If a blood clot within an aneurysm dislodges, it may block an artery at another point downstream





# Peripheral artery disease

- When you develop peripheral artery disease (PAD), your extremities—usually your legs—don't receive enough blood flow to keep up with demand
- This causes symptoms, most notably leg pain when walking (claudication)



# Sudden cardiac arrest

- The sudden, unexpected loss of heart function, breathing, and consciousness
- Usually results from an electrical disturbance in your heart that disrupts its pumping action and causes blood to stop flowing to the rest of your body



# Treatments and medications

## Cardiovascular disease:

- Lifestyle changes
- Medications
- Medical procedures or surgery





# Treatments and medications

## Heart arrhythmia:

- Vagal maneuvers
- Medications
- Medical procedures
- Pacemakers or implantable cardioverter-defibrillators (ICDs)
- Surgery



# Treatments and medications

## Heart defect:

- Medications
- Special procedures using catheters
- Open-heart surgery
- Heart transplant





# Treatments and medications

## Cardiomyopathy:

- Medications
- Medical devices
- Heart transplant





# Treatments and medications

## Heart infection:

- Antibiotics
- Medications to regulate your heartbeat



# Treatments and medications

## Valvular heart disease:

- Medications
- Balloon valvuloplasty
- Valve repair or replacement







# Lifestyle and home remedies

- Stop smoking
- Control your blood pressure
- Check your cholesterol
- Keep your diabetes under control
- Get moving
- Eat healthy foods
- Maintain a healthy weight
- Manage stress
- Practice good hygiene habits
- Get a flu shot



# Coping and support

- Cardiac rehabilitation
- Support groups
- Continued medical checkups





# Resources

- American Heart Association
- WebMD Feature: “How Low Must Your Cholesterol Go?”
- WebMD Feature: “Risk Factors for Heart Disease” reviewed by Robert J Bryg, MD on March 07, 2009 © 2009 WebMD, LLC.
- 1998-2011 Mayo Foundation for Medical Education and Research (MFMER)
- Pritchett and Hull Associates, Inc. The Teaching book, 2011



Thank you

BAYADA Home Health Care wishes you many  
happy, healthy years.

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