

# MCLB ALBANY SAFETYGRAM

## AMERICAN HEART MONTH

### MAKE IT YOUR MISSION TO FIGHT HEART DISEASE

### Heart Disease is the Number One Cause of Death

**Heart Disease** is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About 325,000 people a year die of coronary attack before they get to a hospital or in the emergency room. Many of those deaths can be prevented – by acting fast!



#### Warning Signs of a Heart Attack

- Chest discomfort** – pressure, squeezing, fullness or pain
- Discomfort in others area of upper body** – pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath** – may occur with or without chest discomfort
- Other signs** – may break out in a cold sweat, nausea or lightheadedness



## How to Avoid a Heart Attack

#### Weight Management

Heart disease can be reduced by promoting a healthy diet and lifestyle. Eat foods low in saturated fat, trans fat, cholesterol and salt.



#### Physical Activity! Get moving?

Walking is the single most effective form of exercise to achieve heart health.

- It's easy and safe
- Costs nothing
- Every hour of walking, life expectancy may increase by two hours
- Just 30 minutes a day provides heart health benefits



["Click below to view an animation of the effects of smoking"](#)

#### Topics Covered in this Animation:

##### Cardiovascular Effects:

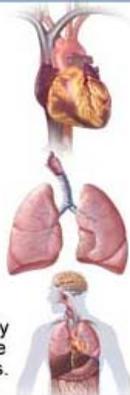
- Smoking increases your risk for developing cardiovascular diseases such as stroke, atherosclerosis, heart attack and aortic aneurysm.

##### Respiratory Effects:

- Smoking increases your risk for developing chronic obstructive pulmonary diseases, lung infections and lung cancer.

##### Effects on Other Organs:

- Carcinogens and other poisons in cigarette smoke can pass to almost any organ in the body and potentially cause cancer and have other negative effects.



#### Fight Stress with Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are positive healthy habits you may want to develop.

- Remember to laugh - **Laughter makes you feel good.**
- Get enough sleep - **Try to get six to eight hours of sleep each night.**
- Accept the things you cannot change - **Don't say, "I'm too old." You can still learn new things, work toward a goal, love and help others.**
- Give up the bad habits - **Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.**



You can modify or control six major independent risk factors for coronary heart disease:

- Cigarette and tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Overweight or obesity
- Diabetes



1. CHOLESTEROL
2. BLOOD PRESSURE
3. BLOOD GLUCOSE TEST
4. WEIGHT/BODY MASS INDEX (BMI)
5. WAIST CIRCUMFERENCE
6. DISCUSS SMOKING, PHYSICAL ACTIVITY AND DIFT



**Risk Management 639-5249**

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Feb 12

