

Heart Health

What You Need To Know



Permafold® Topics

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1. Risk Factors

Some factors make people more likely to suffer from heart disease. The more risk factors you have, the more you are at risk.

Risk Factors You Can't Change

- You have had a heart attack or stroke.
- You have a father or brother who had heart disease before age 55. You have a mother or sister who had heart disease before age 65.
- You are a man aged 45 years or older or a woman aged 55 years or older.
- Race. African Americans have a higher risk than Caucasians.

Risk Factors You Can Control

- High blood pressure (HBP).
- High blood cholesterol.
- Smoking.
- Being overweight.
- Lack of exercise.
- Diabetes.
- Metabolic syndrome. This is having 3 or more of these problems:
 - Your waist measures more than 40 inches if you are male or more than 35 inches if you are female.
 - High blood pressure.
 - Diabetes or your blood sugar is higher than it should be.
 - High triglycerides (a type of fat in the blood).
 - Your “good” cholesterol (HDL) is less than 40 mg/dL if you are male and less than 50 mg/dL if you are female.

2. Exercise

Aim to do an aerobic activity at least 20 minutes a day. Do this 5 or more days a week. The goal during an aerobic workout is to reach your target heart rate. (See “Target Heart Rate” box on the next panel.) Even moderate levels of exercise will be good for the heart.

Body builders exercise to make muscles in their bodies stronger. The heart is a muscle. Exercise makes it stronger, too. Exercise also does these things:

- It helps more blood get to the heart and more oxygen get to the lungs.
- It lowers the chance of blood clots in the arteries.
- It helps lower blood pressure.
- It lowers stress.

The best exercise for the heart is one that makes it beat faster and helps the lungs take in more oxygen. This is called aerobic exercise. Aerobic exercises include:

- Walking fast.
- Step aerobics.
- Jumping rope.
- Cross country skiing.
- Jogging.

TIPS:

- **Talk to your doctor before you start to exercise if:**
 - You have been inactive for a long time.
 - You are overweight.
 - You are over 35 years old.
 - You have any medical problems.
- **Start out slowly. Build up from there.**
- **Warm up and cool down with exercise.**
- **Wait at least 2 hours after you eat to do heavy exercise.**
- **Vary the exercises you do, so you won't get bored.**



Target Heart Rate

If you reach your target heart rate during the aerobic part of your workout, your pace is good. To find out if you reach your target heart rate, check your pulse. Check it 10 minutes after you start your workout.

- Place your fingers (not your thumbs) on one side of your neck below your jawbone. Or, check it on the inside of your wrist.
- Count the number of tiny beats you feel in 10 seconds.
- Find the line with your age (or the closest one to it) in the box below.
- Is the number of beats you counted in 10 seconds in the range of numbers on the line next to your age? If so, you have reached your target heart rate.

| Target Heart Rate Zone | |
|------------------------|----------------------------------|
| Age | Approximate Beats Per 10 Seconds |
| 20 | 20 to 27 |
| 25 | 19 to 26 |
| 30 | 19 to 25 |
| 35 | 18 to 25 |
| 40 | 18 to 24 |
| 45 | 17 to 23 |
| 50 | 17 to 23 |
| 55 | 16 to 22 |
| 60 | 16 to 21 |
| 65+ | 15 to 20 |

Note: Check with your doctor before you use this target heart rate range. Your range may need to be lower for medical reasons.

3. Eat Right

- Have 5 to 9 or more servings of fruits and vegetables every day!
- Eat less fat, mostly less saturated and trans fats. These raise LDL (“bad”) cholesterol in the blood. Trans fats are in foods with hydrogenated oils. These are in stick margarine and some processed snack foods like crackers.
- Read food labels. Choose foods low in total fat, saturated and trans fats.
- Use margarines and salad dressings made with plant “sterols” and “stanols.”
- Add little fat to food. When you do, use only monounsaturated and polyunsaturated fats. (Read the chart below.)

Fat Chart

Saturated and Trans Fats (Avoid these)

- Coconut, palm and palm kernel oils.
- Cocoa butter (chocolate).
- Animal fats: Beef, pork, lard, suet, bacon.
- Cream, butter, fat in whole milk dairy products.
- Hydrogenated fats like stick margarine and shortening.

Monounsaturated Fats (Use these)

- Canola, olive, and peanut oils.
- Fat in avocados.
- Fat in almonds, peanuts, pecans.

Polyunsaturated Fats (Use these)

- Safflower, corn, sunflower, soybean oils.
- Squeeze (semiliquid) and soft tub margarine.
- Fat in walnuts, soybean nuts, sunflower seeds.
- Mayonnaise.

Eating Guide

Put this on your refrigerator. Use it as a daily guide to heart healthy food choices. Use this when you make your grocery list, too.

- Whole-grain breads, cereals, and pastas. (Examples: Oatmeal, shredded wheat, etc.).
- Wheat bran, oat bran.
- Nonfat and low-fat muffins, such as bran.
- English muffins.
- Bagels.
- Raw, fresh, or cooked vegetables.
- Salads with fat-free or low-oil dressings.
- Frozen vegetables (not in butter or cheese sauce).
- Fresh, frozen, and dried fruits.
- Fresh fruit juices.
- Fruit canned in juice or water.
- Skim, 1/2%, and nonfat milks. Dry nonfat milk.
- Nonfat and low-fat yogurts.
- Part-skim and nonfat cheeses. Choose ones with 2 to 3 grams of fat or less/ounce.
- Fat-free, non-dairy creamer.
- Nonfat sour cream and cream cheese.
- Nonfat ice cream and frozen yogurts.

Eat Right, continued

Follow your doctor's advice for taking vitamins, minerals, and herbal products.

Eating Guide

- Beans, peas, legumes (cooked or in soups, etc.).
- Soybeans, soy milk, tofu, miso.
- Fresh, frozen, and canned fish, such as salmon, cod, tuna, etc. Eat fish 2 or more times/week.

- Baked and broiled chicken, turkey, etc. (Remove skin before eating.)

- Lean cuts of beef and pork (sirloin, tenderloin, etc.).
- Egg substitutes, egg whites (3 to 5 egg yolks/week).

- Salad dressings and margarines with plant stanols or sterols (like Benecol® and Take Control® brands).

- Vegetable oils (olive and canola in small amounts), low-fat soft and liquid margarines.

- Nonfat and low-fat salad dressings.

- Sandwiches with lean meats (tuna, turkey, ham, chicken, or vegetables).

- Vegetarian burgers.

- Defatted soups and stews. (Use more vegetables, beans, pasta, etc.) Burritos, lasagna, pizza, etc. (with more vegetables and less meat and cheese).

- Frozen fruit bars. Sorbets.

- Low-fat crackers (matzoh, graham, etc.)

- Air-popped or low-fat microwave popcorn.

- Rice cakes. Unsalted pretzels.

- Angel food cake. Fat-free puddings.

- Eat foods with fiber. This comes from plant foods. Oat bran, oatmeal, apples, carrots, kidney and other beans have a kind of fiber that lowers cholesterol. Eat these foods often. Eat fruits, vegetables, nuts, seeds, and whole-grain breads and cereals to get fiber, too. Aim for 20 to 35 grams of fiber per day. Read food labels for "Dietary Fiber."

- Lose weight if you are overweight.

- Eat less salt and sodium. Sodium is the part of salt that may raise blood pressure in some people.
 - Take the salt shaker off the table.
 - Use seasonings without salt or sodium.
 - Limit processed and packaged foods that have salt and sodium added.
 - Read food labels for sodium content.

- If you drink alcohol, limit how much you drink to:
 - 2 drinks a day for men.
 - 1 drink a day for women and persons over age 65.
 - One drink = 4 to 5 oz. wine or 12 oz. beer or 1-1/2 oz. 80 proof liquor

- Limit foods with cholesterol. This is only in animal foods, such as liver, meat, meat fat, and dairy foods with fat.
 - Choose lean meats. Limit serving sizes.
 - Choose nonfat and low-fat dairy foods.
 - Read food labels for cholesterol content. Your doctor may advise that you eat no more than 200 to 300 mgs. of cholesterol a day.

{Note: Your blood cholesterol comes from the cholesterol your body makes and from foods you eat. Saturated and trans fats raise blood cholesterol more than anything else in the diet, so limit these. (See panel 5.)}

4. Deal with Stress

Stress makes the heart work harder. Stress raises blood cholesterol. Also, people who respond to stress in a hostile, angry way tend to suffer more heart attacks.

Tips to Deal With Stress

- Learn ways to relax, like deep breathing.
- Balance work and play.
- Control negative thinking.
- Don't let emotions get "bottled up."
- Laugh more.
- Avoid needless quarrels.



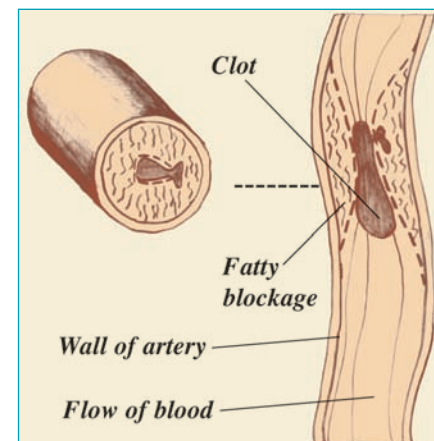
5. Other Heart Health Tips

- Get regular medical checkups. Get your blood pressure checked at each office visit or at least every 2 years. Get your blood cholesterol tested at least every 5 years (yearly if you have heart disease).
- Don't smoke. If you smoke, quit.
- Get to or stay at a healthy body weight.
- Take medicines as prescribed.
- Ask your doctor about taking a low dose of aspirin (e.g., 1 baby aspirin) daily.
- Follow your treatment plan for diabetes, if you have it. If you don't have it, learn how to detect it from www.diabetes.org.
- Manage anger, anxiety, depression, and stress.
- Nurture your heart with healthy emotions and a strong support system from family and friends.

6. Heart Conditions

Coronary Artery Disease (CAD)

Heart disease is a common term for coronary artery disease (CAD). It is the leading cause of death in the U.S. for both men and women. With heart disease, arteries that supply blood to the heart become clogged with deposits called plaque. Cholesterol is part of the plaque. Over time, the buildup of plaque restricts blood flow to the heart. This can cause the problems that follow.



Heart Failure (HF)

With this, the heart itself doesn't fail. It "fails" to supply enough blood and oxygen for the body's needs. This develops over time. It becomes a chronic problem.

Symptoms of Heart Failure

- Shortness of breath.
- Feeling very tired or weak.
- Swelling in the lower legs, ankles and feet. Shoes can feel too tight all of a sudden.
- Rapid weight gain.
- Dry cough or one with pink, frothy mucus.
- Fast heartbeat.

Angina

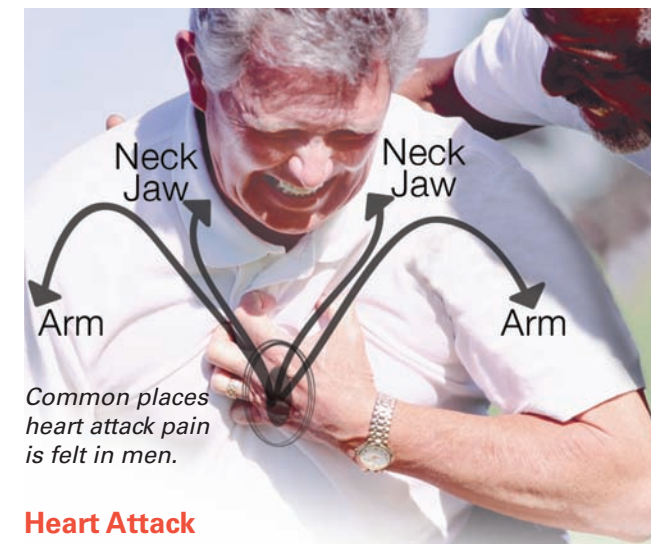
With this, the heart muscle does not get enough blood and oxygen needed for a given level of work.

Symptoms of Angina

- Pain, discomfort or a squeezing pressure in the chest.
- Aching in a tooth, an arm, a jaw or in the neck.

Symptoms may come when you get angry or excited. They are more likely to come when you exert yourself (climb a hill, run to catch a bus, etc.). They usually go away with rest and/or nitroglycerin. This is a medicine a doctor prescribes.

{Note: Angina symptoms can also be signs of a heart attack. (See the next panel.) A heart attack damages the heart muscle. Angina does not.}



Common places heart attack pain is felt in men.

Heart Attack

With this, the heart doesn't get enough blood for a period of time. Part or all of the heart muscle dies. A heart attack can occur with heavy activity. It can occur at rest or during sleep, too. Heart attack warning signs are given on the next panel.

7. Heart Attack Warning Signs



For any heart attack warning sign, call 9-1-1 or your local EMS.

Common Heart Attack Warning Signs

- Feeling of pain (may spread to the arm, neck, jaw, tooth, or back), tightness, burning, squeezing, fullness, or heaviness in the chest that lasts more than a few minutes or goes away and comes back.
- Chest discomfort with fainting, shortness of breath, lightheadedness, nausea, or sweating.
- A person with a heart condition has chest pain that does not respond to prescribed medicine.

Less Common Heart Attack Warning Signs

- Chest, abdominal, or stomach pain unlike any you have had.
- Dizziness, nausea, shortness of breath, trouble breathing, or arm or jaw pain (without chest pain).
- Fast or uneven heartbeat or pulse.
- Sweating for no reason; gray or clammy skin.
- Anxiety, fatigue, or weakness for no reason.

For More Information, Contact:

American Heart Association
800.AHA.USA1 (242.8721)
www.americanheart.org

National Heart, Lung, and Blood Institute
301.251.1222 • www.nhlbi.nih.gov