

Coronary Artery Disease

Know Your Risk Factors

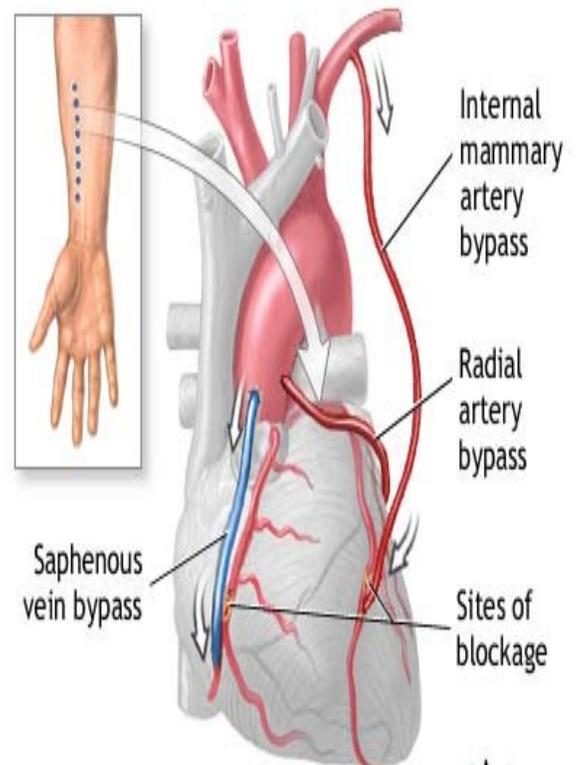
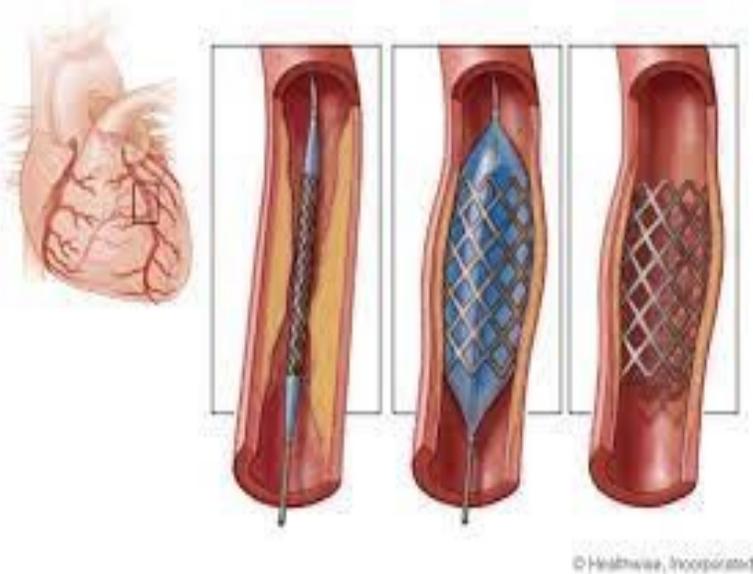
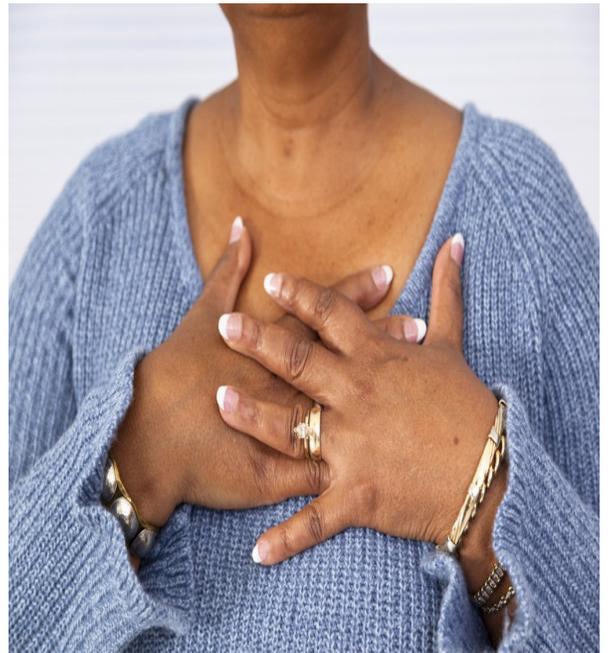
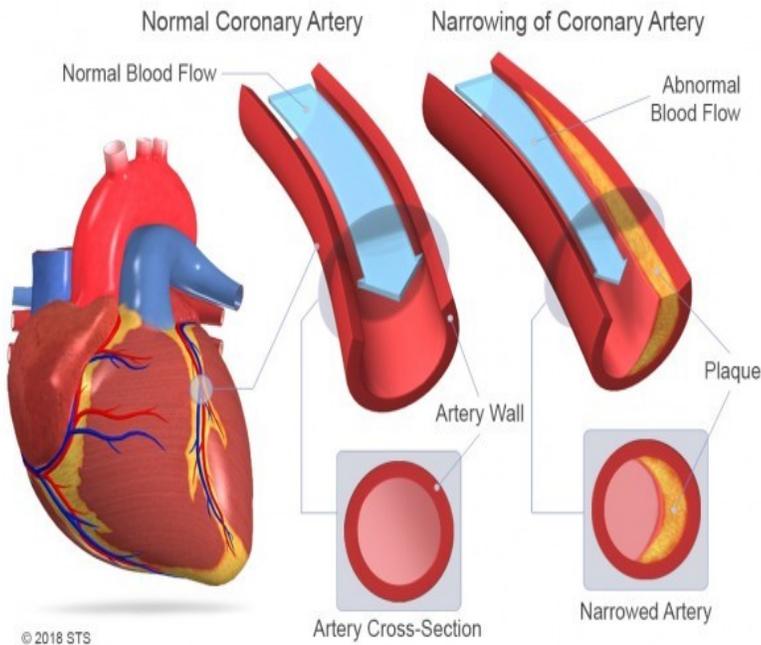
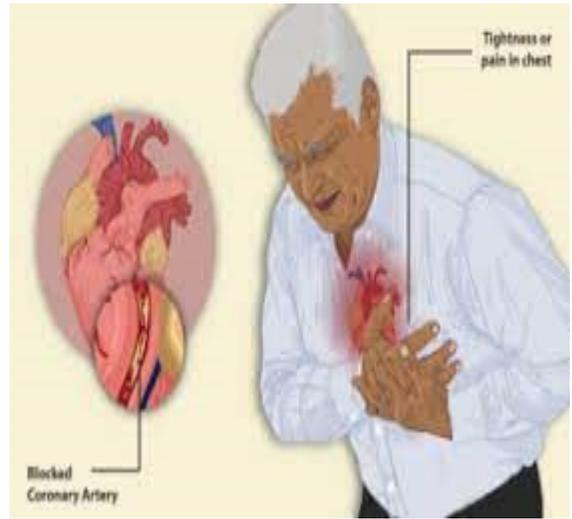
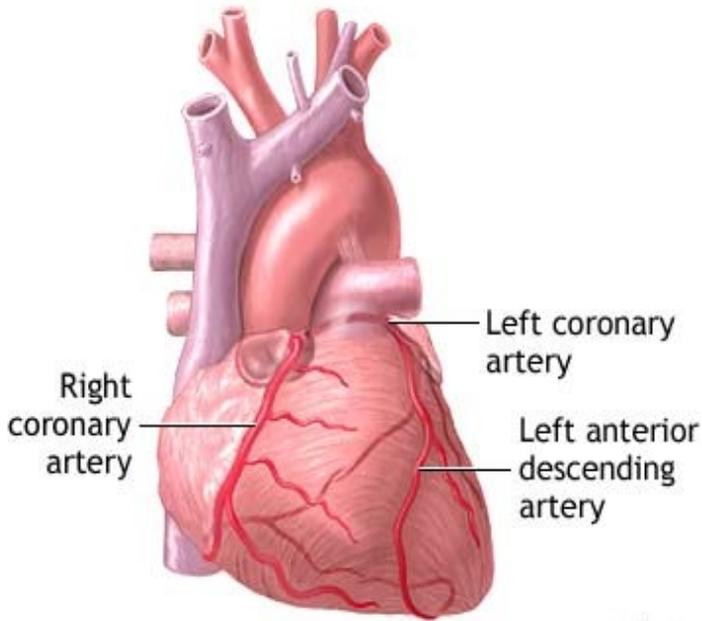


WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.



Heart attack Symptoms





Know Your Risk Factors



Being diagnosed with heart disease can be a very frightening experience. The physicians and staff of St Vincent's Ascension want to do all we can to ensure that you understand your disease process. Increasing your knowledge about coronary artery disease and learning about your personal risk factors will enable you to make healthy life style changes. Making healthy lifestyle changes will help you take control and aid in reducing your chances of having another cardiac event.

What is Coronary Artery Disease?

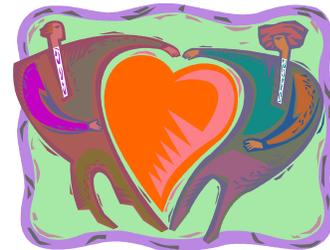
Coronary artery disease (CAD) occurs when the arteries that supply blood to the heart muscle (the coronary arteries) become hardened and narrowed. The arteries harden and narrow due to buildup of a material called plaque (plak) on their inner walls. The buildup of plaque is known as atherosclerosis (ATH-er-o-skler-O-sis). As the plaque increases in size, the insides of the coronary arteries get narrower and less blood can flow through them. Eventually, blood flow to the heart muscle is reduced, and, because blood carries much-needed oxygen, the heart muscle is not able to receive the amount of oxygen it needs. Reduced or cutoff blood flow and oxygen supply to the heart muscle can result in chest discomfort and/or heart attack.

What are risk factors for heart disease?

Risk factors are traits and lifestyle habits that increase your risk of heart disease. The more risk factors you have the greater the chance that you will have a cardiac event. The following is a list of risk factors for heart disease. Please put a check by the risk factors that apply to you. Identifying your personal risk factors will aid you in the process of taking control and understanding your educational needs.

My **personal risk factors** for heart disease that I can control are...

- 1. high cholesterol levels
- 2. high blood pressure
- 3. tobacco use
- 4. physical inactivity
- 5. obesity
- 6. diabetes
- 7. stress



Once you have identified your personal risk factors you can take heart healthy actions to gain control of them and lessen your risk for another event. It is important to know that the same risk factors which increase your risk for heart disease may also increase your risk for stroke.

There are risk factors that you cannot control. They are: age, sex, race, and family medical history.

High Cholesterol Levels

Cholesterol is a fat-like substance that is found in the blood and in all the body's cells. There are two ways cholesterol enters the blood from the food we eat, and it is produced by our liver. A high cholesterol level is bad. This leads to build up of fatty deposits (plaque) along our artery walls, especially our coronary arteries. This leads to coronary artery disease, which can lead to heart attacks. To control this risk factor it is important that you have your cholesterol checked periodically, know your cholesterol levels, take your medications and alter your diet. Your cholesterol level can be checked by doing a simple blood test. This must be ordered by your health care provider. You may be prescribed a cholesterol lowering medication. These medications work by causing the liver to produce less LDL (bad cholesterol), or preventing your body from absorbing cholesterol. Take the medications as directed. If you have concerns about the medications talk to your doctor or pharmacist.

Don't stop taking
OWN.

Goal Cholesterol Levels for Patients with Heart Disease

them on your

Cholesterol Numbers	Total	LDL (Bad)	HDL (Good)	Triglycerides
Goal Level	Less than 150mg/dl	Less than 100mg/dl	More than 40mg/dl	Less than 150 mg/dl
My Numbers	_____	_____	_____	_____

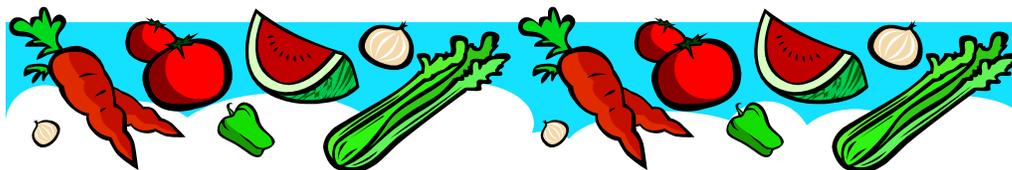
High Cholesterol Levels (Continued)

Dietary changes include avoidance of saturated fats, trans fats and dietary cholesterol. All of these tend to raise blood cholesterol levels. The hospital dietitian can help you plan a heart healthy diet.

Fats to Avoid

Fats that raise cholesterol	Sources	Examples
Saturated fats	Foods from animals	Meats, milk , ice cream, butter, cheese, creams **
	Some plant oils	Palm, coconut
Trans fats	Hydrogenated oils	French fries, donuts, crackers, packaged foods, stick margarine
Dietary cholesterol	Foods from animals	Meats, egg yolks, poultry, cheese and other dairy products**

** (low fat/fat free dairy products are acceptable, example-skim milk products, fat free cheeses, but remember portion sizes)



Improve your Food Choices

Eat More	Fresh fruits, vegetables, fresh frozen vegetables	Whole grains	Fish, dried beans, lean meat	skim milk, low fat cheese and yogurts
Eat Less	Fried foods, fruits with sauces or added sugar	Donuts, pastries, muffins, white breads	Bacon, sausage, hot dogs, bologna, beef	Whole milk, ice cream, whole milk cheese,

Some cardiologist advise consuming less than 15 grams of saturated fats/day, and avoiding all foods with trans fats.

It is also important to remember that a diet high in sodium may have a harmful effect on our health. Most of us eat much more sodium (salt) than our bodies need. Your doctor may have limited your sodium intake. The following information will help you identify high sodium foods.



Nutrition Facts on Sodium

Sodium free:	Less than 5 mg of sodium per serving
Very low sodium:	35mg or less of sodium per serving
Low sodium:	140mg or less of sodium per serving
Reduced sodium:	At least 25% less sodium per serving than the regular product
Lite or light:	At least 50% less sodium per serving than the regular product
No salt added:	No salt is added to a product that normally has salt added

Obesity and Overweight

People who have excess body fat, especially if they carry it in the waist area, are at higher risk for heart disease. Overweight people tend to have more problems with high cholesterol, high blood pressure, diabetes, heart disease and stroke. Eating too many calories and getting too little exercise is the main cause of obesity. The waist measurement and Body Mass Index (BMI) are recommended ways to estimate a person's body fat. If you are a male and your waist is greater than 40 inches or a female whose waist is greater than 35 inches you are at higher risk.

My waist circumference is: _____



Body Mass Index assesses a person's body weight in relation to height. A BMI of 18.5 to 24.9 is considered healthy. A BMI of 25 to 29.9 is considered overweight and a moderate risk for heart disease. Obesity is defined as a BMI of 30 or greater. This corresponds to being approximately 30 pounds over weight and is a high risk for heart disease. Use the table below to assess your Body Mass Index (BMI). To use the table find your height in the far left column then scroll across to your current weight. Your goal BMI is 25 or less.

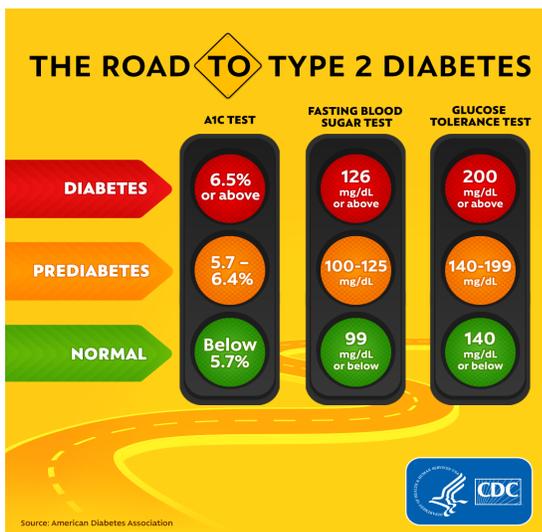
My Current Body Mass Index (BMI) is: _____

 <h2>Normal Levels of Lipid Profile</h2>		
Blood Component	Range	Desirability
Total Cholesterol	< 200 mg/dL	Lower, the better
High-density Lipoprotein (HDL)	40 to 60 mg/dL	Higher, the better
Low-density Lipoprotein (LDL)	70 to 130 mg/dL	Lower, the better
Triglycerides	10 to 150 mg/dL	Lower, the better

Units and Metrics
 mg = milligram dL = deciLiter

Diabetes

Diabetes is a major risk factor for heart disease, stroke, kidney disease and eye problems. The only way to know if you have diabetes is to have your blood sugar checked by your health care provider. Type 2 diabetes, the most common form, usually appears in adults, often in middle age. It is becoming an increasing problem in children and adolescents. The two major risk factors for developing Type 2 diabetes are obesity and physical inactivity. Even when glucose levels are under control, diabetes greatly increases the risk of heart attack and stroke. It contributes to the build up of fat and cholesterol in the coronary arteries. If you have diabetes it is very important that you have regular medical check-ups and monitor your blood sugar levels. **Free Diabetes Class**



What is cardiac rehabilitation?

Cardiac Rehabilitation is an outpatient program of exercise and education for patients with heart disease. It is recognized by the American Heart Association as part of the treatment plan for individuals with many types of heart disease. The goals of the cardiac rehabilitation program are to help you to regain physical and cardiovascular strength, educate you on risk factors for heart disease, offer psychosocial support, and provide nutritional counseling.

What types of exercises will I do while I'm in the program?

The cardiac rehab gym has traditional types of exercise equipment. Treadmills, cycles, steppers, rowers and arm ergometers are some of the equipment you may be using. Every patient who participates in the program has his or her own individual exercise routine based on individual needs. The nurses who work with you will adjust your program based on your body's response to the exercise.

Who can benefit from cardiac rehab?

Cardiac rehabilitation is an option for people of all ages and with many forms of heart disease. In fact, because older adults with heart disease are often less able to exercise and have a higher disability rate, they may benefit the most from a cardiac rehabilitation program. Your physician and the cardiac rehabilitation staff will evaluate your health to make sure you are ready to start a cardiac rehabilitation program.

What long term benefits can I expect by participating in the cardiac rehab program?

Over the long term, you gain strength, learn heart healthy behaviors, improve your diet and meet others who have been through similar experiences. It will help you deal with the fear and anxiety sometimes associated with living with heart disease. The program will also help you kick bad habits like smoking.

Will my insurance cover the cost of cardiac rehab?

Medicare and most insurances will cover part or all of the cost of the program. A customer service representative/financial advisor is always available to answer any financial questions.

How do I get referred to the cardiac rehab program?

Your physician must write an order for you to participate in the cardiac rehab program. The cardiac rehab staff will be glad to answer any questions regarding cardiac rehab and contact your physician for you. **For more information call 205-939-7139.**

High blood pressure

High blood pressure is also called hypertension, and it is a major risk factor for heart disease and stroke. You can have high blood pressure and not know it. It is known as “the silent killer.” High blood pressure makes the heart work harder and causes damage to artery walls. This makes the heart and arteries more susceptible to injury. High blood pressure also raises the risk of stroke, kidney disease, and congestive heart failure. Blood pressure is recorded as two numbers. The first number is the systolic number (the higher number) and the last number is known as the diastolic. If your systolic number is 140mm/Hg or greater and/or your diastolic is 90mm/Hg or greater when measured on two or more occasions, then you have high blood pressure. **Optimal blood pressure is a systolic reading of 120mm/Hg or lower and 80mm/Hg or lower diastolic.** Blood pressure can be controlled. Some measures that generally help to lower blood pressure are: weight loss, exercise, medications, stress reduction, stopping smoking, and a low salt diet.

My current blood pressure (B/P) is ____ / ____



Physical Inactivity

The U.S. Surgeon General’s Report on Physical Activity and Health says: “Physical activity helps prevent and treat heart disease, stroke, obesity, diabetes, and osteoporosis. It also aids in controlling other risk factors such as high blood pressure, stress and high cholesterol.” The heart is a pump and it needs to stay strong to carry out its life work. Physical activity helps to strengthen the heart muscle. This can be accomplished by participating in moderate exercise activities for a total of 30 minutes on most days of the week. It is always a good idea to check with your doctor before starting an exercise program. Your exercise program should consist of three different types of activities; stretching, aerobic conditioning and strength building/toning.

Stretching- maintains flexibility allowing greater freedom of movement, increases physical and mental relaxation, reduces muscle tension and reduces risk of injury. The following guidelines will help you with your stretching exercises.

Stretching Guidelines

- ◇ Always take a few minutes to warm up
- ◇ Start each stretch slowly, exhaling as you gently stretch the muscle
- ◇ Try to hold each stretch for 10 –30 seconds
- ◇ Avoid bouncing, this leads to injury
- ◇ Don’t stretch a cold muscle
- ◇ If a stretch hurts, ease up
- ◇ Don’t hold your breath



Aerobic conditioning- The most important exercise for your heart is aerobic exercise. This type of exercise raises your heart rate, uses large muscle groups, is rhythmic and steady. Walking, jogging, swimming, dancing and cycling are a few aerobic exercises in which you may be interested in participating. People **who have been inactive should start with 10 minutes of exercise then work up to a total of 30 minutes on most days of the week.** It is always a good idea to check with your doctor before starting an exercise program. The following guidelines will help you with your aerobic exercises.

Aerobic Conditioning Guidelines

- ◇ Always warm up for 3 - 5 minutes
- ◇ Do activities that you enjoy
- ◇ Never eat a large meal within two hours of your exercise

Physical Inactivity (continued)

Aerobic Conditioning Guidelines (continued)

- ◇ Wear comfortable clothing and footwear
- ◇ You should be able to carry on a conversation during the exercise (talk test)
- ◇ Always include a cool down in the last 5 minutes of your exercise
- ◇ Exercise indoors on hot, humid, or cold days
- ◇ Diabetics should monitor their blood sugars before and after exercise
- ◇ If you have chest pain, shortness of breath, dizziness, or other symptoms you need to stop the exercise immediately. If the symptoms continue seek emergency medical help.



Strength training/toning– A well designed strength-training program can provide increased strength of bones, muscles and connective tissue, increased muscle mass, and increased quality of life. This would include bands, light hand weights, free weights, weight machines and calisthenics. You may wish to check with a fitness professional before starting strength training program.

The cardiac rehabilitation program at St Vincent's Ascension employs professionals who can help you safely start an exercise program that is especially designed for heart patients. It is staffed with Registered Nurses. Information about the cardiac rehab program at St Vincent's Ascension can be found on page 7 of this booklet or you may contact cardiac rehab by calling 205-939-7139.

Smoking

Cigarette smoking is the most preventable cause of heart attack and stroke. Smoking constricts blood vessels, increases the workload of the heart, decrease HDL (good cholesterol), increases risk of blood clots and damages artery walls. These actions speed the development of blockage in the arteries, especially the coronary arteries. In addition, the carbon monoxide from the to-



bacco smoke decreases the amount of oxygen in the blood. **Persons who smoke a pack of cigarettes a day have more than twice the risk of having a heart attack as those who have never smoked. By continuing to smoke after a heart attack, a person's likelihood of having a second attack increases and the next event is more likely to be a sudden death.** We strongly encourage you to stop smoking and will be glad to provide you with information that will aid you in quitting. call 1-800 Quit Now (1-800-784-8669) or visit www.quitnowalabama.com

Stress

Everyone has some degree of stress in their lives. All stress is not bad, but we feel it in different amounts and react to it in different ways. Too much stress over a long period of time and unhealthy responses to it can lead to health problems in some people. For example, some people will overeat, start smoking, drink large amounts of alcohol or be outwardly aggressive toward others. It is important that we find healthy ways to deal with our stressors. If you feel you are having a difficult time dealing with the stressors in your life, consult with your physician or other healthcare providers. They will be able to give you information that will help you deal with the stress in a more positive way.

Utube video—[Guided Meditation - Blissful Deep Relaxation](#)

WHY THE MEDITERRANEAN DIET?

Interest in the Mediterranean diet began in the 1960s with the observation that coronary heart disease caused fewer deaths in Mediterranean countries, such as Greece and Italy, than in the U.S. and northern Europe. Subsequent studies found that the Mediterranean diet is associated with reduced risk factors for cardiovascular disease.

The Mediterranean diet is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

The main components of Mediterranean diet include:

- Daily consumption of vegetables, fruits, whole grains and healthy fats
- Weekly intake of fish, poultry, beans and eggs
- Moderate portions of dairy products
- Limited intake of red meat

Other important elements of the Mediterranean diet are sharing meals with family and friends, enjoying a glass of red wine and being physically active.

Plant based, not meat based

The foundation of the Mediterranean diet is vegetables, fruits, herbs, nuts, beans and whole grains. Meals are built around these plant-based foods. Moderate amounts of dairy, poultry and eggs are also central to the Mediterranean Diet, as is seafood. In contrast, red meat is eaten only occasionally.

Rate Your Med Diet Score

If yes score 1

Vegetables	Two or more cups of vegetables a day		
Fruit	Two or more pieces of fruit a day		
Whole grains	2 or more whole grains a day		
Wine	½ to 1 drink a day for women, 1 to 2 for Men (but no more)		
Fish	Fish 2 or more times a week		
Legumes / beans	2 or more servings a week		
Nuts / Seeds	A handful of nuts most days		
Fat	Lots of olive oil and few other Fats		
Red or Processed Meat	2 servings or fewer a week		

Your Total Med Diet Score

6

If your score is

- **8---9 Long life! Your eating habits follow the Med Diet very closely.**
- **6---7 You're doing well. What would help you to add another point or two?**
- **4---5 A good start, but you can do better, if you value your health.**
- **0---3 Time to Turn your life around.**
- If your score was lower than you'd like, pick one category every month and start to change your eating habits for the better.
- The Mediterranean Diet is delicious and satisfying — and you deserve the best.
- Visit www.Oldwayspt.org for recipes and resources to help you on your way.

7

HEALTHY FATS—HEALTHY FATS ARE A MAINSTAY OF THE MEDITERRANEAN DIET. OLIVE, FISH , AVOCADO OILS-THEY'RE EATEN INSTEAD OF LESS HEALTHY FATS, SUCH AS SATURATED AND TRANS FATS, WHICH CONTRIBUTE TO HEART DISEASE.

Olive oil is the primary source of added fat in the Mediterranean diet. Olive oil provides monounsaturated fat, which has been found to lower total cholesterol and low-density lipoprotein (LDL or "bad") cholesterol levels. Nuts and seeds also contain monounsaturated fat. Fish are also important in the Mediterranean diet. Fatty fish — such as mackerel, herring, sardines, albacore tuna, salmon and lake trout — are rich in omega-3 fatty acids, a type of polyunsaturated fat that may reduce inflammation in the body. Omega-3 fatty acids also help decrease triglycerides, reduce blood clotting, and decrease the risk of stroke and heart failure.

WHAT ABOUT WINE? THE MEDITERRANEAN DIET TYPICALLY ALLOWS RED WINE IN MODERATION. ALTHOUGH ALCOHOL HAS BEEN ASSOCIATED WITH A REDUCED RISK OF HEART DISEASE IN SOME STUDIES, IT'S BY NO MEANS RISK FREE. THE DIETARY GUIDELINES FOR AMERICANS CAUTION AGAINST BEGINNING TO DRINK OR DRINKING MORE OFTEN ON THE BASIS OF POTENTIAL HEALTH BENEFITS.—EATING THE MEDITERRANEAN WAY

Interested in trying the Mediterranean diet? These tips will help you get started:

- **Eat more fruits and vegetables.** Aim for 7 to 10 servings a day of fruit and vegetables.
- **Opt for whole grains.** Switch to whole-grain bread, cereal and pasta. Experiment with other whole grains, such as bulgur and farro.
- **Use healthy fats.** Try olive oil as a replacement for butter when cooking. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil.
- **Eat more seafood.** Eat fish twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and re-

Topic Overview



When can I have sex again?

Sex is part of a healthy life and part of your quality of life. It is safe for most people after they have had a heart attack.

After a heart attack, you can resume sexual activity when you are healthy and feel ready for it. You could be ready if you can do mild or [moderate activity](#), like brisk walking, without having angina symptoms. **Your doctor might tell you that if you can climb two flights of stairs without having any symptoms, you are healthy enough for sex.** Or your doctor might want to do an exercise [electrocardiogram](#) to check the health of your heart before you have sex again.

Talk with your doctor if you have any concerns.

If you had an angioplasty, you'll wait until your incisions heal. If you had a bypass surgery, you'll wait a few weeks to let your chest heal.

If you are able to walk up 2 flights of stairs without becoming overcome with shortness of breath 5 steps each—it is safe to resume sexual activity.

What if I'm worried about resuming sex?

Some people are afraid to resume sexual activity after a heart attack. They are worried that they will have symptoms such as chest pain or will not have enough energy for sex. They also worry about having another heart attack.

The risk of having a heart attack during sex is low. Sex is the cause of less than 1 out of 100 heart attacks. This risk is low if you can do moderate activity without having angina symptoms such as chest pain or pressure.

Ask your doctor about your risk. He or she can help you know when your heart is healthy enough for the level of activity involved in sex.

Tips for resuming sex

Consider resuming sex gradually. You can start with ways of being intimate that are easy on your heart, like kissing and caressing. When you and your partner decide to start having sex again, it might be helpful to keep in mind the following:

Talk honestly to your partner about your concerns and feelings. Your partner may have the same worries that you have.

Choose a time when you are relaxed and comfortable in a place that will be free from interruptions. Wait 1 to 3 hours after eating a full meal so that digestion can take place.

Be aware that anxiety on the part of either partner may interfere with sexual arousal and performance.

Stop and rest if you have any angina symptoms. **Call 911** if your symptoms do not go away with rest or are not getting better within 5 minutes after you take a dose of nitroglycerin.

Tell your doctor if you have angina symptoms during sex.

Sexual problems

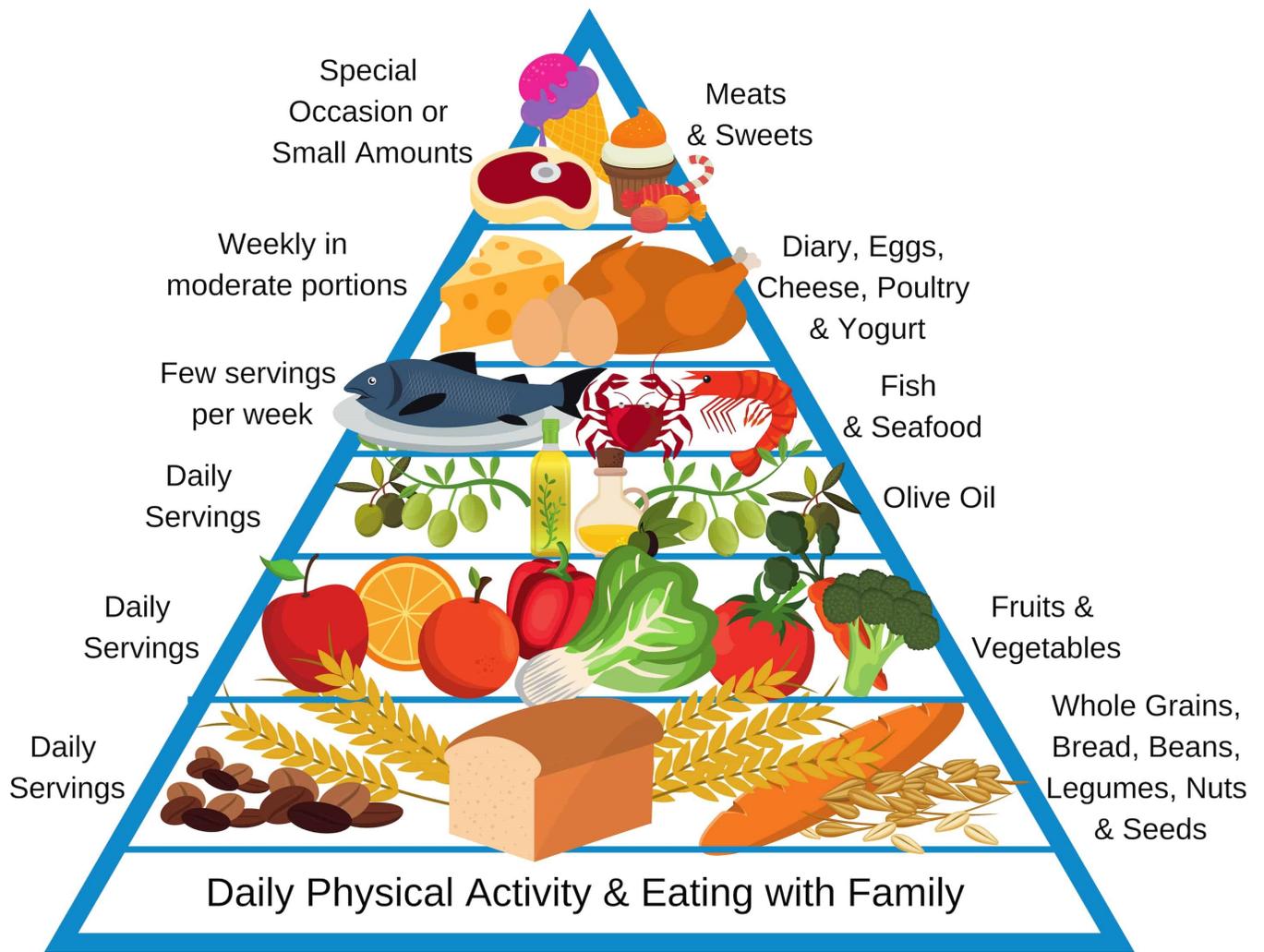
For both men and women, a heart problem can cause physical changes that lead to sexual problems. For example, some people have less interest in sex. Men may have erectile dysfunction. Women may have symptoms like vaginal dryness.

If you are having sexual problems, talk with your doctor about what treatments are right for you. Treatments may include counselling or medicine.

Talk with your doctor before trying an erection-enhancing medicine. Some medicines for erection problems can cause serious problems if you also use a nitrate medicine, such as nitroglycerin.

Get help for problems

Tell your doctor about any concerns you have. Counselling might be an option for you and your partner. A doctor, nurse, or other health professional might provide this counselling. It may include information and advice on how to resume sex. It may include support or advice on how to relieve anxiety, worry, or fear about sex. It may include treatment for physical problems. The goal is to enjoy sex again.



MEDITERRANEAN DIET

Relaxation u tube video

[Guided Meditation - Blissful Deep Relaxation](#)

21M views 11 years ago



[The Honest Guys - Meditations - Relaxation](#)

This guided meditation will gently ease you into a state of blissfully deep relaxation.

..... If you ..

Alabama Tobacco Quitline



[Tabaco de Alabama Quitline en Español](#)

Quitting tobacco isn't easy. That's why we are here to help.

The Alabama Tobacco Quitline (1-800 Quit Now) is a free telephone and online coaching service for any Alabamian who is ready to quit tobacco.

Information, referrals and counseling are confidential, and sessions are designed on a schedule convenient for the caller. Those who enroll in the counseling program can receive, if medically eligible, up to eight weeks of nicotine patches to assist in quitting. Call 1-800 Quit Now (1-800-784-8669) or visit www.quitnowalabama.com to enroll in the program.

All services are free for Alabama residents.

TOBACCO DEPENDENCE TREATMENT MEDICATIONS		
Type	Form	Common Brand Names
Prescription pills	Pill	Zyban® Wellbutrin® (bupropion SR)
	Pill	Chantix® (varenicline)
Prescription nicotine replacement therapy	Inhaler	Nicotrol®
	Nasal Spray	Nicotrol®
Over-the-counter nicotine replacement therapy	Gum	Nicorette®
	Patch (can be prescription)	Nicoderm® Habitrol® Prostep® Nicotrol®
	Lozenge	COMMIT®

St Vincent's Ascension CARDIOPULMONARY REHABILITATION

205-939-7139

St Vincent's Ascension
CARDIOPULMONARY
REHABILITATION

205-939-7139

St Vincent's Ascension 119
[7191 Cahaba Valley Rd, Hoover, AL](#)
[35242](#) ·
[\(205\) 408-6600](#)

St Vincent East
(205) 838-3672