

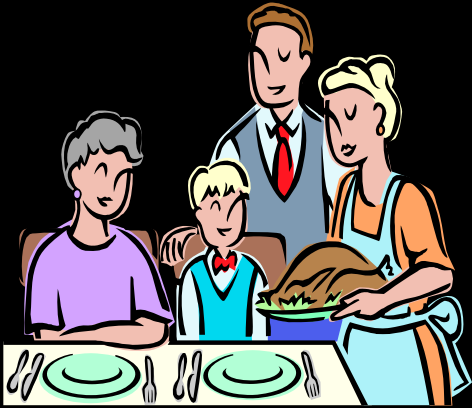
Cardiovascular Risk in Women: Strategies for Heart Health

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You are the center of a Universe



Hoag's Object (Galaxy) from the Hubble Telescope



Taking Care of Yourself is VERY
Important

So what do YOU need to know
about heart disease?

The global burden of cardiovascular disease

- 57% of deaths due to CVD occur in developing nations
- #1 cause of death worldwide
- #2 cause of death in developing nations
- Leading cause of disability worldwide

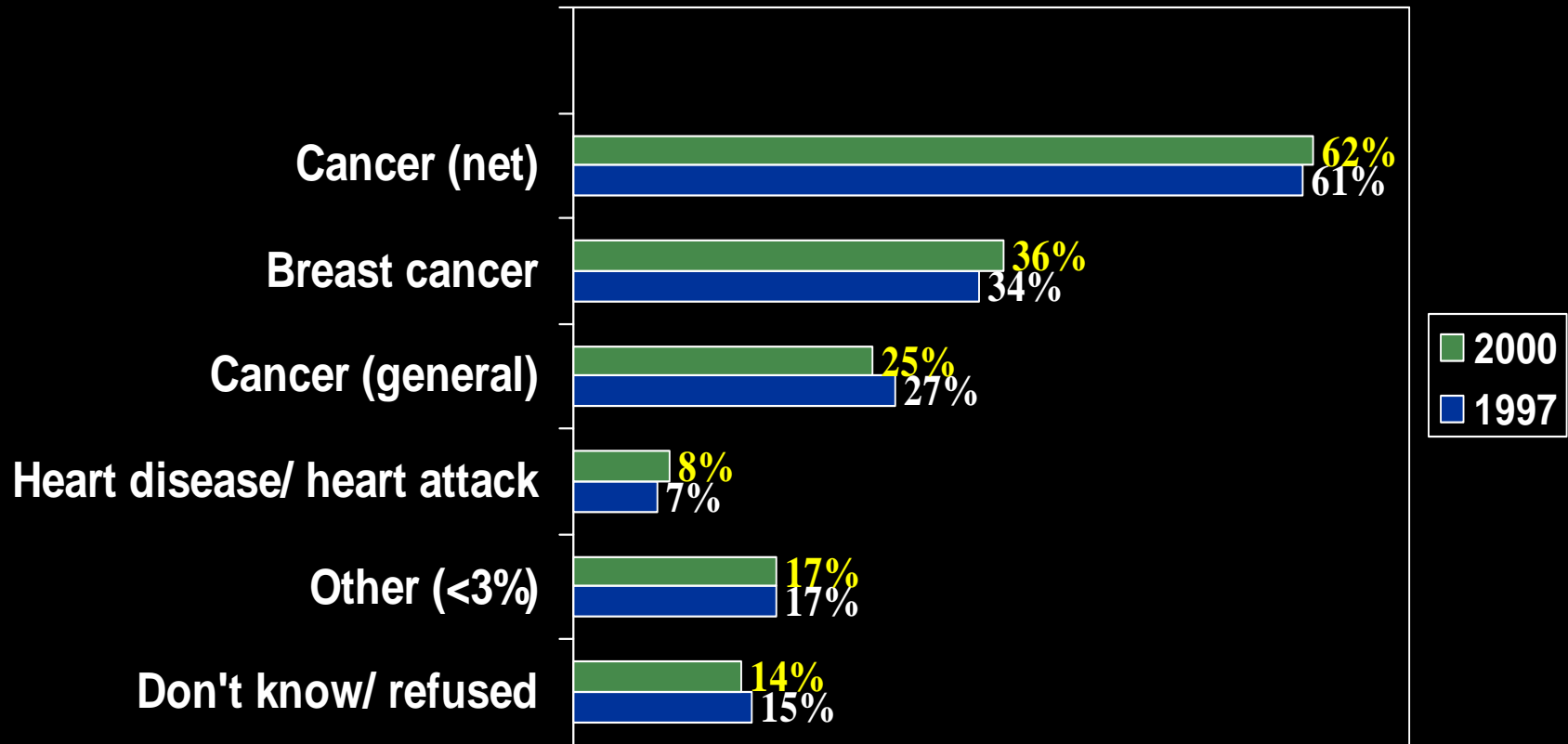
A public health crisis: 60.8 million Americans have 1 or more CV diseases

- High blood pressure: 50 million
- Coronary heart disease: 12.4 million
 - Myocardial infarction: 7.3 million
 - Angina pectoris: 6.4 million
- Stroke: 4.5 million
- CHF: 4.7 million

Women and Heart Disease Tracking Study

- Conducted 1997, follow-up 2000
- Understanding risks of heart disease and stroke
- Perceptions of how heart disease develops and affects women
- Prevention and early detection behavior

The One Greatest Health Problem Facing Women Today (The Perception)



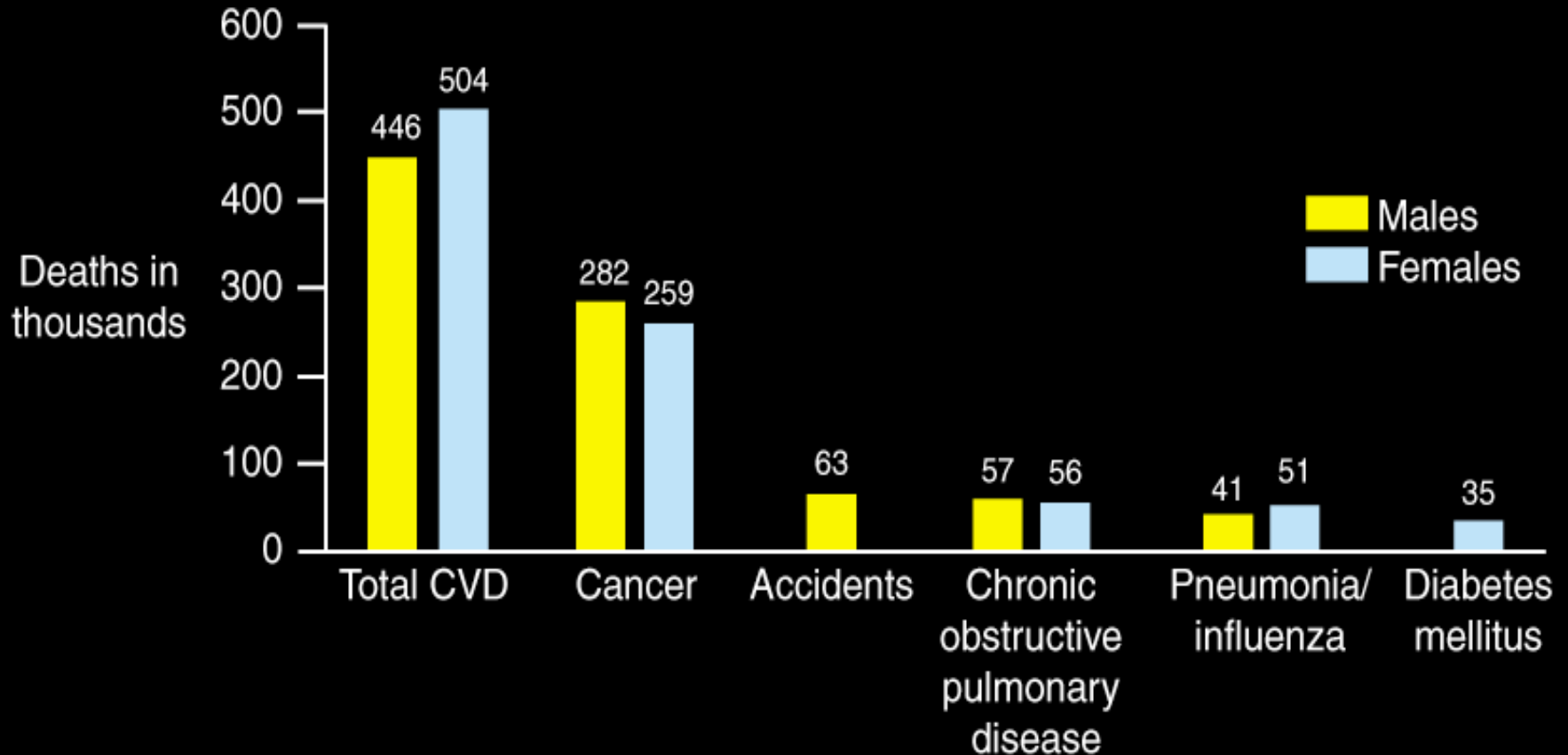
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The Reality

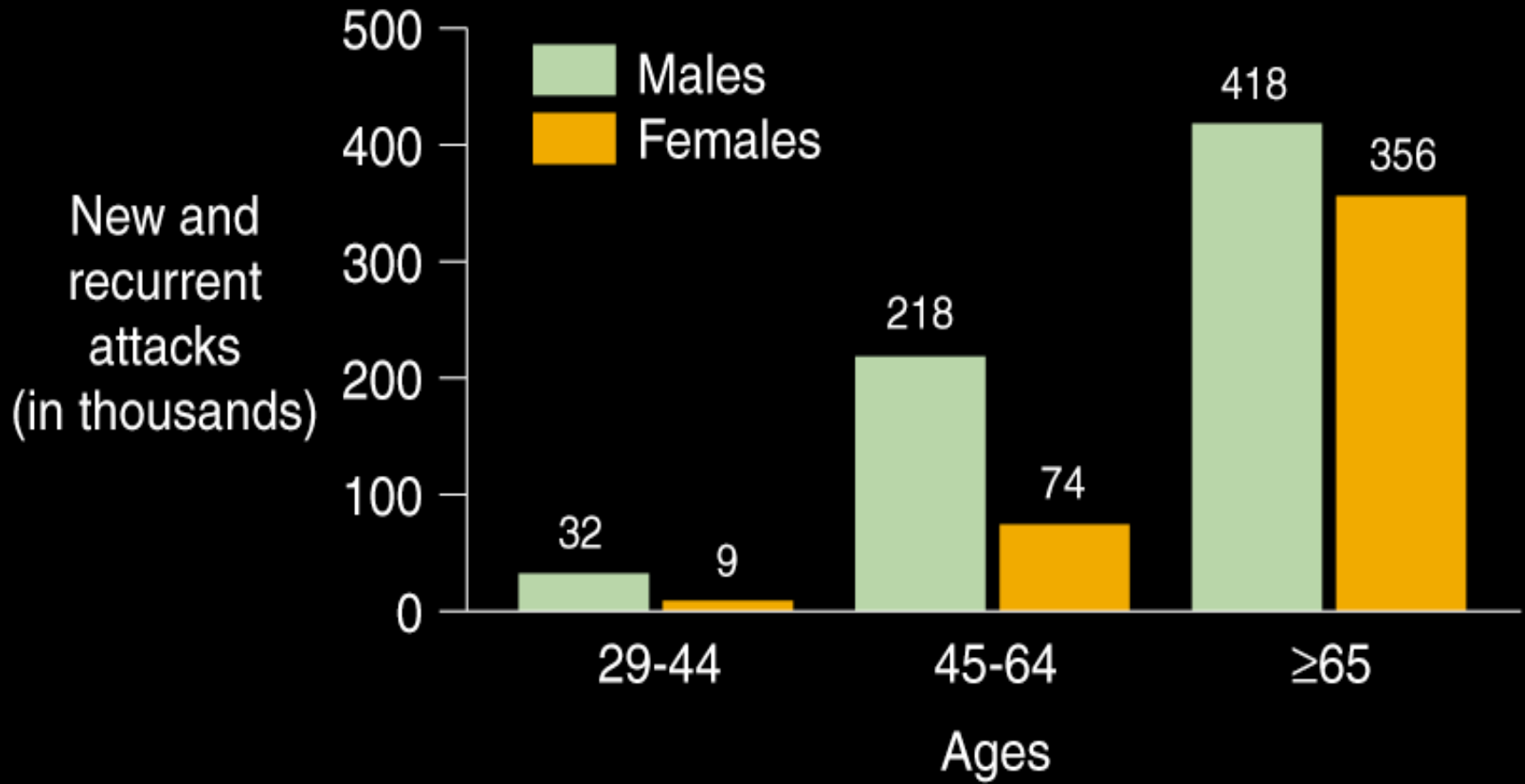
- **Breast Cancer**
 - One in every 29 deaths of women is from breast cancer
- **Cardiovascular Diseases**
 - One in every 2.4 deaths of women is from CVD

Cardiovascular disease: Leading cause of death

United States: 1998



Over 1 million Americans will have a heart attack this year



2001 Heart and Stroke Statistical Update. American Heart Association.

1,100,000 Coronary Attacks Each Year

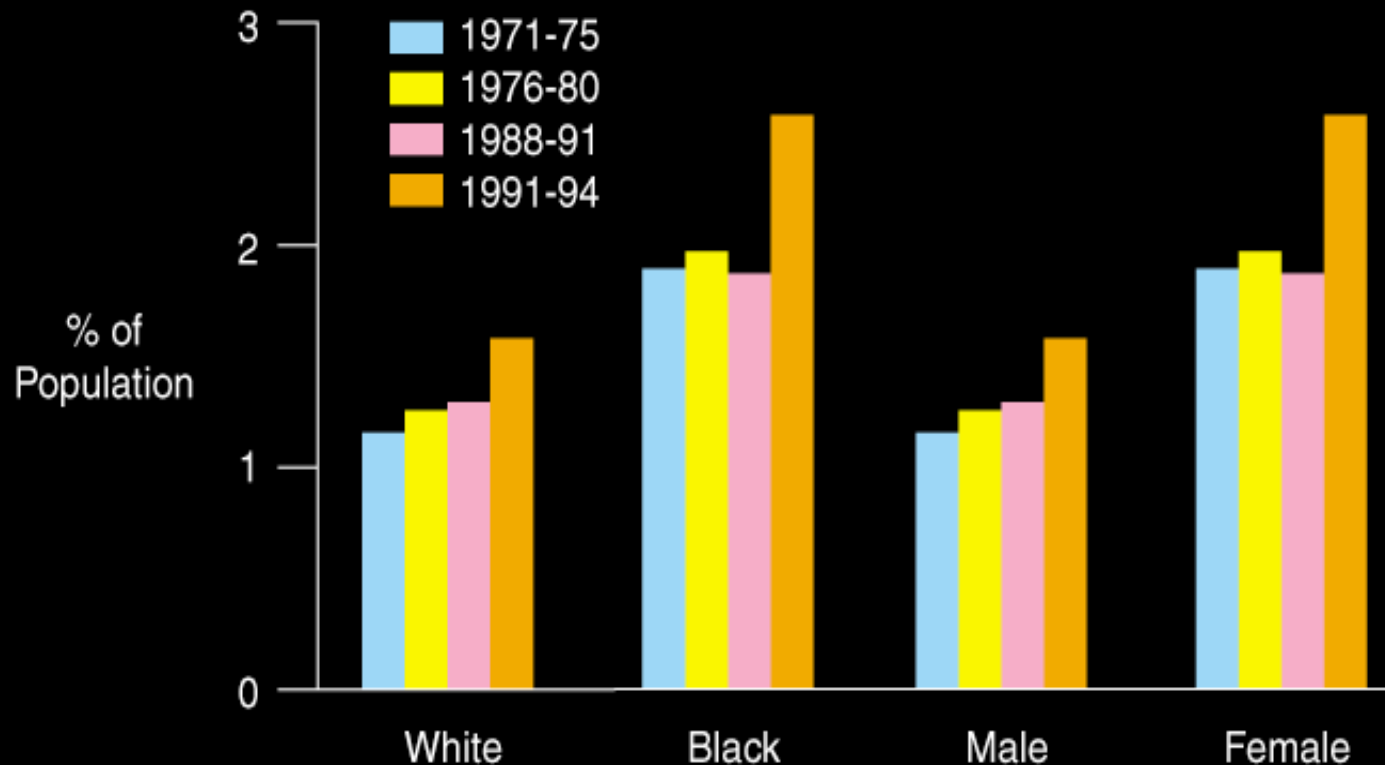
- 40% (440,000) of events occur in women
- Nearly half of deaths occur in women
- Women have heart attacks at older ages than men
- Women more likely than men to die within one year of recognized heart attack (38% vs. 25%)

Heart Attack Warning Signs

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with, or before, chest discomfort
- Other signs: breaking out in cold sweat, nausea or lightheadedness

A public health crisis: Stroke prevalence is on the rise

Prevalence of stroke, age 25-74, 1971-75 to 1991-94



NHLBI. *Morbidity and Mortality: 1998 Chartbook on Cardiovascular, Lung and Blood Diseases.*

Stroke and TIA Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Effects of Stroke

- Senses of seeing, touching
- Speech and the ability to understand speech
- Paralysis or weakness on one side, motor activity
- Behavior and thought patterns
- Memory and emotions

Stroke morbidity and mortality

- Stroke causes 1 in 15 deaths annually
- 47% of stroke deaths occur out of hospital
- 20% of strokes occur in people under age 65
- Stroke is the leading cause of serious, long-term disability

A public health crisis: Increasing prevalence of diabetes

A growing health emergency...

↑ 33% from 1990-1998

↑ 76% in people aged 30-39

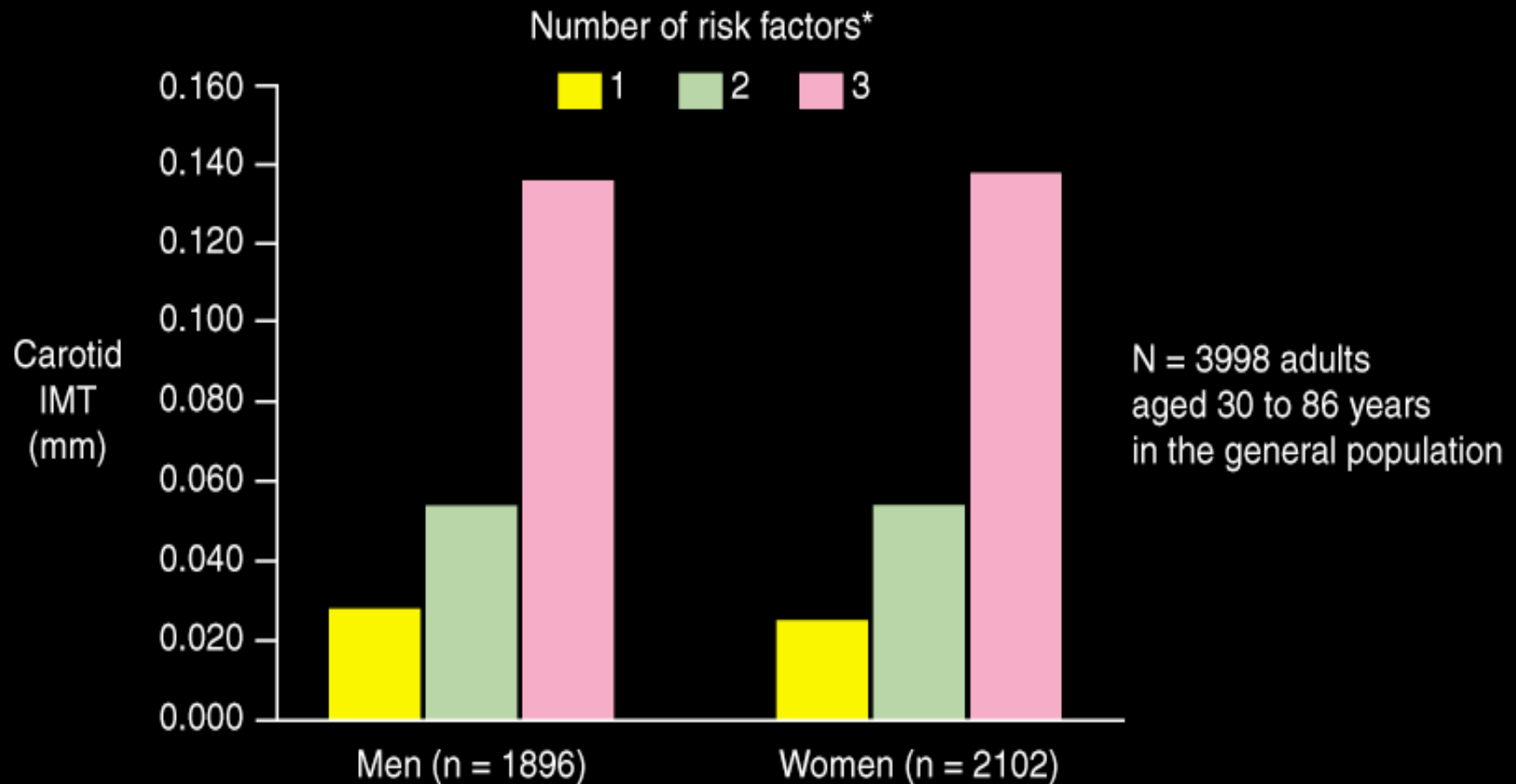
...with more to come

- Obesity/weight gain are major risk factors
- Every kg increase in weight leads to 9% increase in risk
- Rising prevalence of obesity portends more disease

Cardiac Risk Factors

- Non-Modifiable
 - Age
 - Gender
 - Family History
- Modifiable
 - Smoking
 - Diet
 - Activity
 - Hypertension
 - Diabetes
 - Hypercholesterolemia

Clustering of major CV risk factors accelerates atherosclerosis



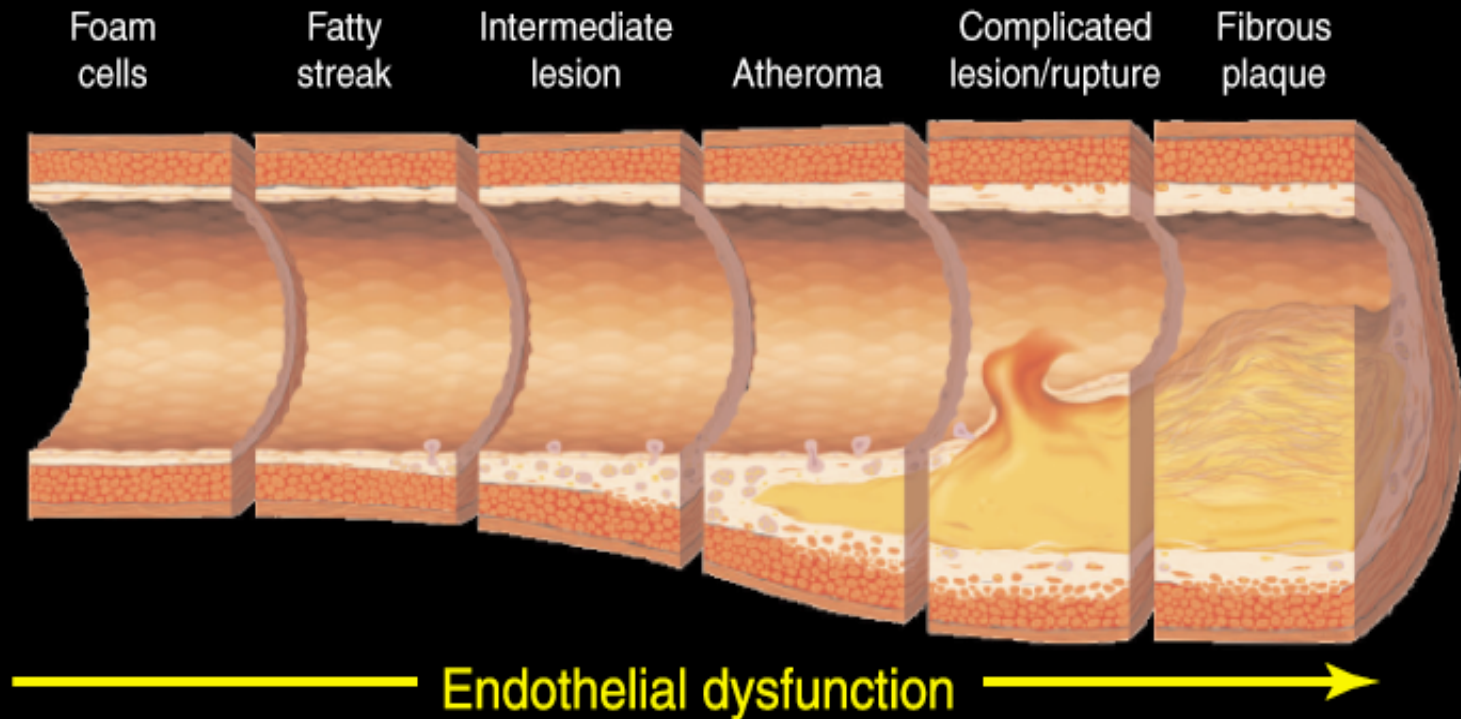
*Hypertension, hypercholesterolemia, and smoking

Mannami T, et al. *Arch Int Med.* 2000;160:2297-2303.

WHEN DOES HEART DISEASE BEGIN?



Atherosclerosis timeline



From first decade	From third decade	From fourth decade	
Growth mainly by lipid accumulation		Thrombosis, hematoma	Smooth muscle and collagen

Adapted from Pepine CJ. *Am J Cardiol.* 1998;82(suppl 10A:23S-27S).

You are the gatekeeper for
Heart Health

Make a difference by setting the
example!!

LIFESTYLE CHOICES



Making Active Choices

- Get the most bang for your efforts!!!
- Make changes one at a time so that the results can be lived without effort.
- Making positive changes can affect multiple areas:
 - Exercise has affects on mood, quality of life, blood pressure, diabetes, ability to do the activities you love.
 - Weight loss also affects mood and quality of life, blood pressure, diabetes.

SMOKING

- DON'T START
- QUIT
- QUIT
- QUIT –ask for help



YOU have to make the
commitment to quit

Influence those around you to
not start

Why is tobacco smoke harmful?

- Causes plaque to build up
- May trigger blood clots to form
- Reduces HDL (good) cholesterol
- May disturb heart rhythm and lead to sudden cardiac arrest

Women at Higher Risk Due to Body Fat

- Waistline more than 35 inches
- Overweight defined as body mass index (BMI) of 25–29.9
- Obesity defined as body mass index (BMI) of 30 or greater

DIET

Upsizing an order of fries will require you to walk briskly for **FOUR** hours to offset the calories!!! (that doesn't count the rest of the meal)



DIET

- Start with a 3 day food diary
 - Record EVERYTHING you put in your mouth

Weight Watchers?

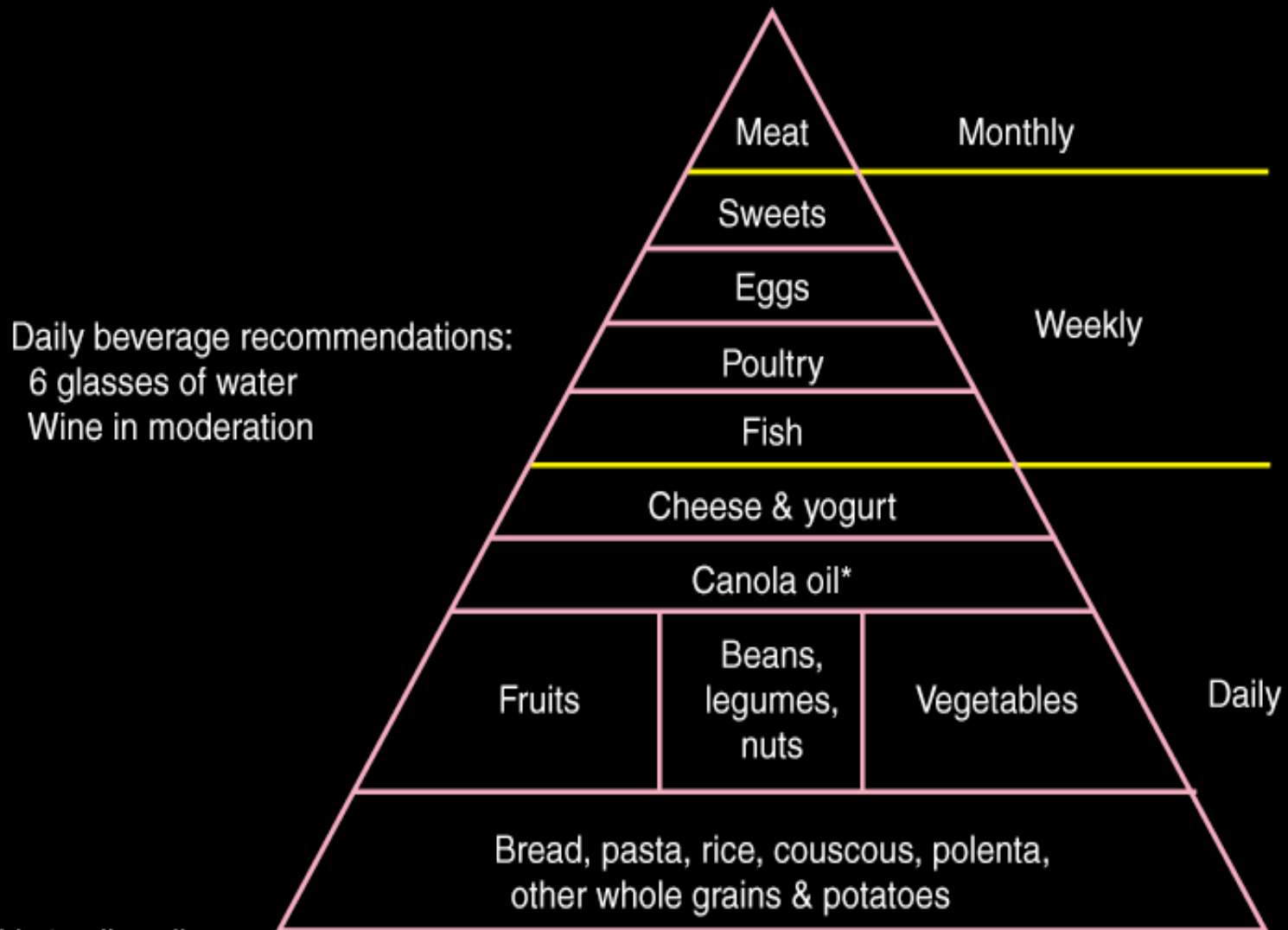
What about Atkins?

It's all about making this your permanent lifestyle

Start with small changes—

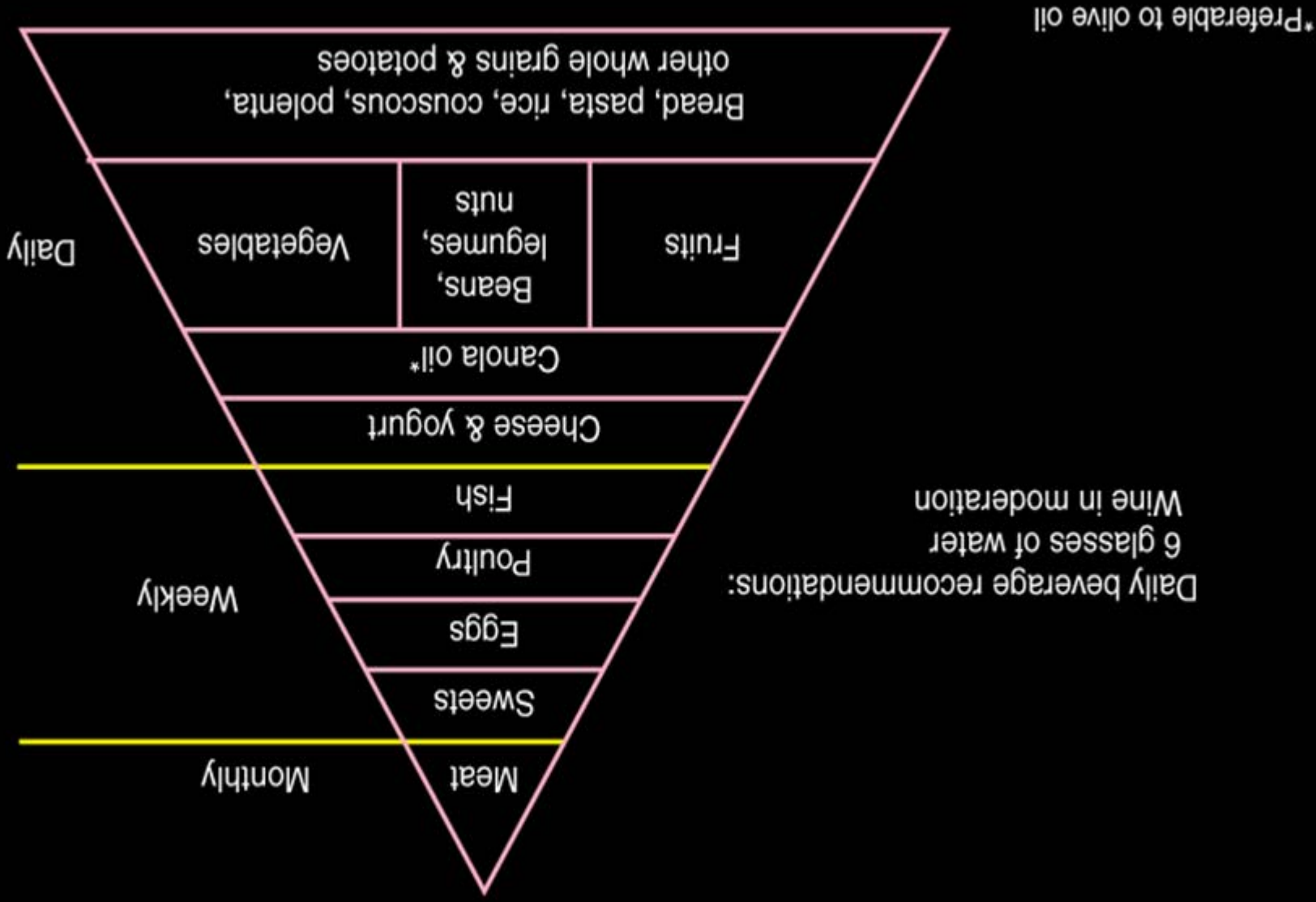
Choose places to eat that won't sabotage your efforts!!

Mediterranean diet pyramid



*Preferable to olive oil

Mediterranean diet pyramid



ACTIVITY

There are two ways to do this:

Incorporate it into your everyday life

Make it an event

ACTIVITY

The guidelines for **physical activity** are to exercise for 30 minutes 5 or more days a week

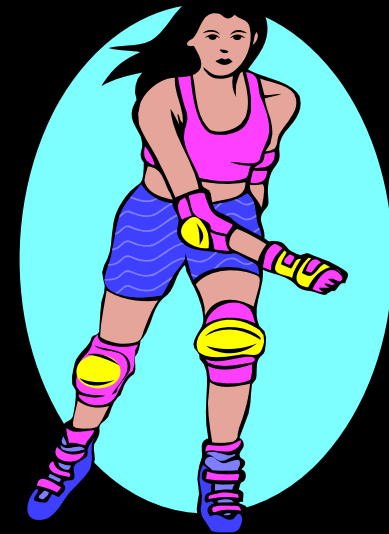
The guidelines for **physical fitness** are to exercise for 30 minutes 3 days a week to a prespecified level of effort

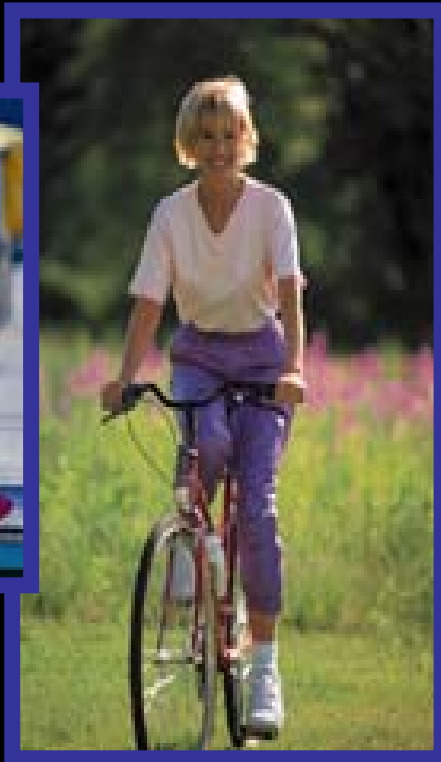
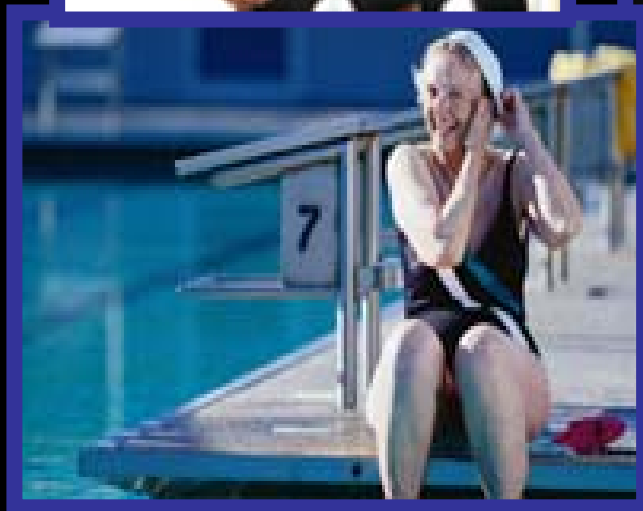
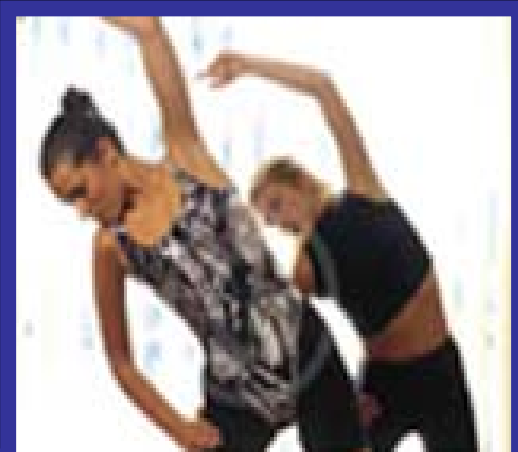
How to Be Successful

- Get the right attitude!!!
 - **YOU** deserve good things
- Get a training buddy
- Get started
- Get realistic
- Remember it takes a month to make something a habit



Choices to Make







Lifestyle Pearls

- Dietary
 - Keep a Food Diary for 3 days
 - Record it all..... Find out what you're really eating
 - Awareness is the first step
 - Use it to get started- it's a proven successful tool
 - Reduce the size of your plates
 - Leave a few tablespoons of food at each meal
~100-200 calories per meal
 - Fresh fruits and vegetables- processed means calories
 - No White
 - Don't eat out/reduce the number of times

High Blood Pressure

- Get it checked!!!!
- New Guidelines
- Basic Message “lower is better”
- Normal Blood Pressure is $<120/<80$
- Pre Hypertension 120-139/80-89
- Stage I Hypertension 140-159/90-99
- Stage II Hypertension $\geq 160/ \geq 100$

Things to Lower Blood Pressure

- Weight Reduction 5-20 mmHg/22 lb loss
- Reduce Sodium 2-8 mm Hg
- Physical Activity 4-9 mm Hg

Diabetes

- Definition has changed
- Fasting Blood sugar greater than 126
- Have it checked
- Regular Activity, Good weight management
- Better control of diabetes makes a difference

What Your Total Cholesterol Level Means

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable — lower risk
200–239 mg/dL	Borderline high — higher risk
240 mg/dL and above than	High blood cholesterol — more twice the risk of desirable level

What Your LDL Cholesterol Level Means

LDL Cholesterol Level	Category
Less than 100 mg/dL diabetes	Optimal with heart disease or
100–129 mg/dL	Near or above optimal
130–159 mg/dL	Borderline high
160–189 mg/dL	High
190 mg/dL and above	Very high

What Your HDL Cholesterol Level Means

HDL Cholesterol Level	Category
Less than 40 mg/dL	Low HDL cholesterol — higher risk
40–59 mg/dL	The higher your HDL level, the better
60 mg/dL and above	High HDL cholesterol — lower risk

Cholesterol

- Have it checked!!
- Treatment has been demonstrated to reduce risk for heart attack, stroke and death
- Medications for treatment are generally well tolerated, but lab work is required

Hormone Replacement Therapy

- Should be for peri and post menopausal symptoms and for short duration
- Must talk to your physician
- Increases breast cancer risk, and no significant reduction in heart disease risk



"Now *that* was a hot flash!"

YOU can Make a Difference for
YOURSELF and the ones you love!



JUST DO IT!!