



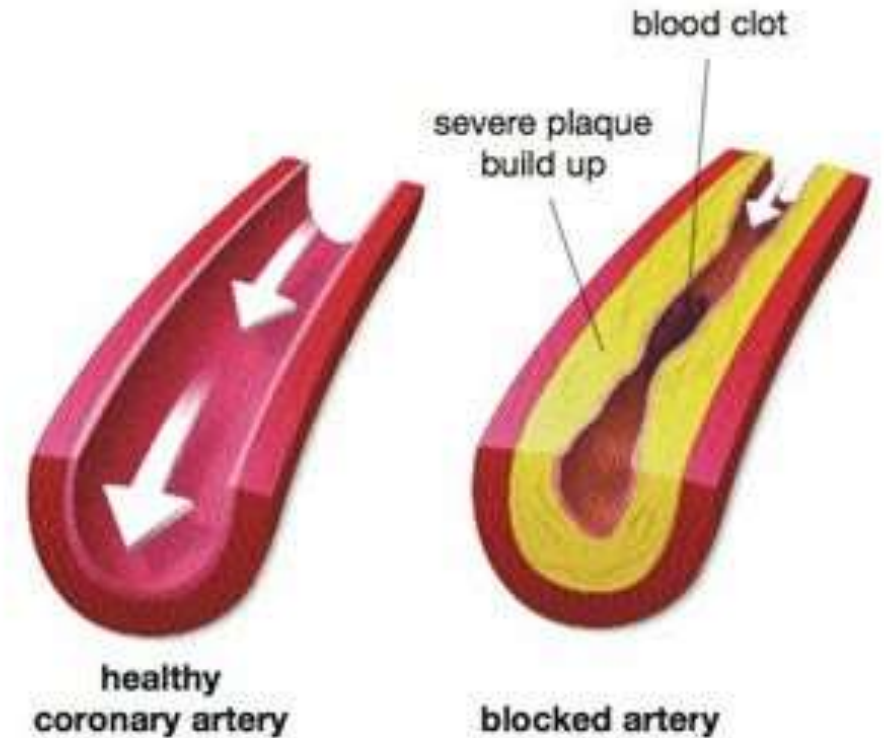
Heart Disease

A Leading Cause of Death in the World.

By Christopher Martinez

WHAT IS HEART DISEASE?

- Heart disease is the leading cause of death in the world.
- Heart disease is also called cardiovascular disease.
- Cardiovascular disease refers to conditions that involve narrowed or blocked blood vessels.
- When blood vessels are blocked, you can have a heart attack, chest pain (angina) or stroke.



HEART DISEASE COMES IN MANY FORMS

Other heart conditions are also considered forms of heart disease, including:

- coronary artery disease (CAD)
- heart rhythm problems (arrhythmias)
- heart defects you're born with (congenital heart defects)



KEEPING ARTERIES HEALTHY

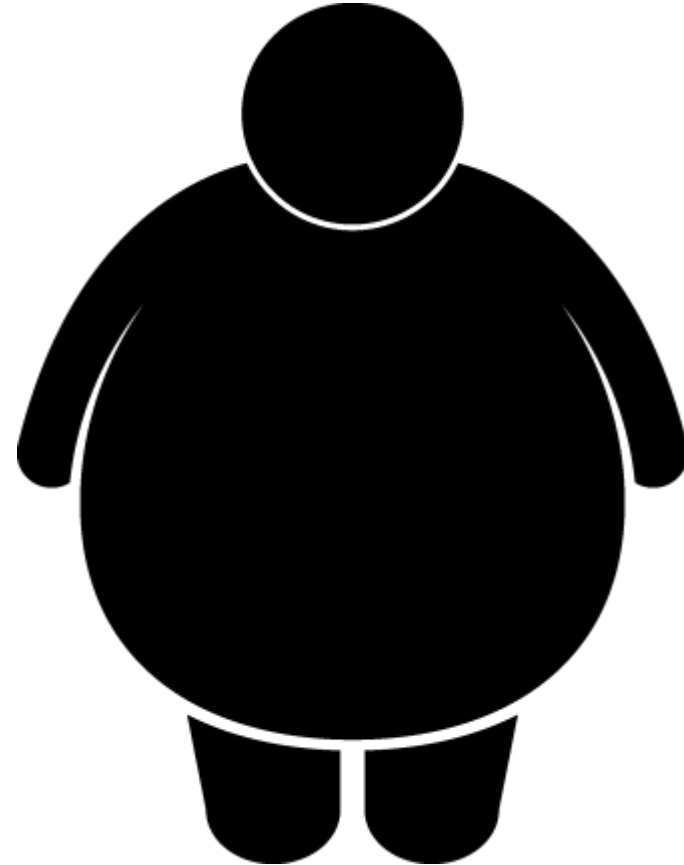
- Atherosclerosis is when plaque builds up in the walls of the arteries.
- This buildup narrows the arteries, making it harder for blood to flow through.
- Most heart diseases can be prevented by **changing lifestyles that include: tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol.**



KEY RISK FACTORS

Several medical conditions and lifestyle choices put people at a higher risk for heart disease, including:

- **High blood pressure**
- **High blood cholesterol**
- **Smoking**
- **Diabetes**
- **Overweight and obesity**
- **Unhealthy diet**
- **Physical inactivity**
- **Excessive alcohol use**



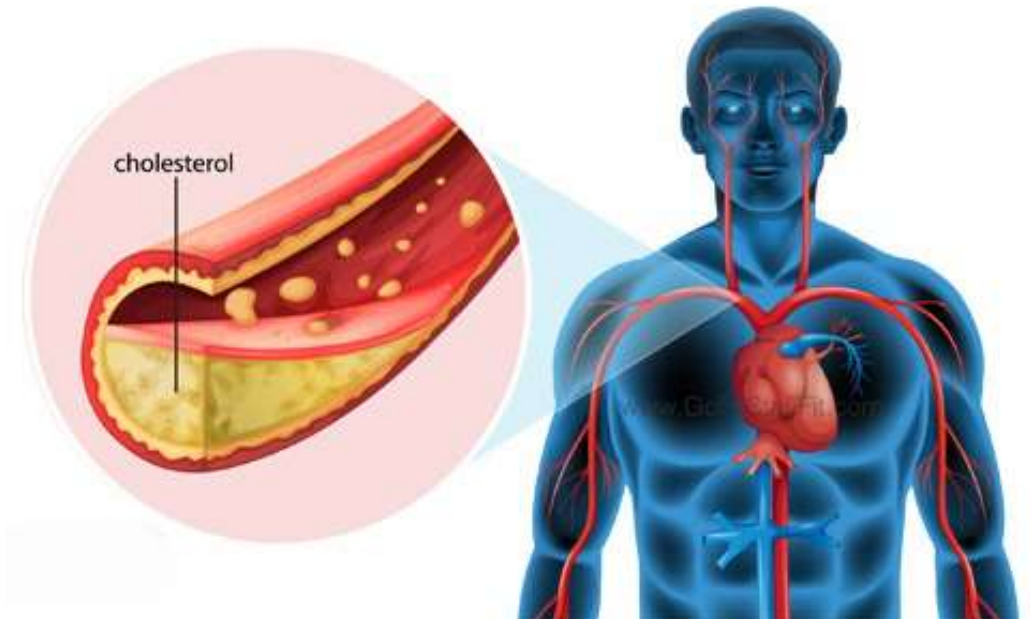
HIGH BLOOD PRESSURE

- **High blood pressure** is a common condition in which the force of the blood against your artery walls is too high.
- High blood pressure is a key risk factor in developing **heart disease** and increases your risk of heart attack and stroke.
- The amount of salt consumed is an added risk to high blood pressure and cardiovascular problems.
- Diet and exercise are recommended for lowering your blood pressure.



HIGH BLOOD CHOLESTEROL

- **High blood cholesterol is a key risk factor in heart disease.**
- **High blood cholesterol** is a condition that causes certain bad fats to be too high in the bloodstream, collects in the arteries and blocks the blood from circulating in the body.
- This condition is usually caused by eating a diet that is high in fat content.



SMOKING

- **Smoking** is a key risk factor in heart disease.
- **Smoking** also causes cancer, stroke, lung diseases, diabetes, chronic obstructive pulmonary disease (COPD), emphysema and chronic bronchitis.
- **Smoking** increases the **risk** for any lung disease, including COVID-19.



DIABETES

- **Diabetes** is the condition in which the body does not properly process food for use as energy.
- Diabetes is a **very serious disease that must be treated** to avoid serious health complications including **heart disease**, blindness, kidney failure, and lower-extremity amputations.
- *Untreated diabetes can be fatal.*



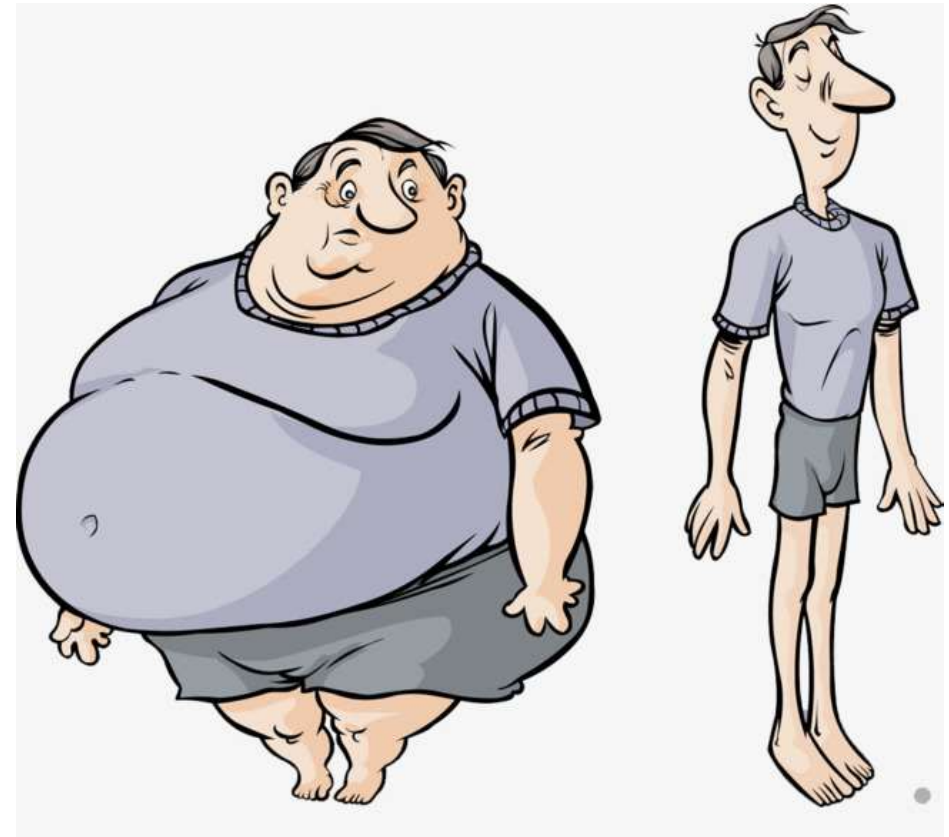
OVERWEIGHT & OBESITY

- Excess weight, especially obesity, decreases the quality and length of life.
- Obesity increases the risk of several debilitating, and deadly diseases, including diabetes, **heart disease**, and some cancers.
- With a good exercise and diet plan, persons with excess weight are able to reduce their risks of these deadly diseases.



UNHEALTHY DIET

- An unhealthy diet promotes obesity and increases the risk for **heart disease**.
- An unhealthy diet includes overeating of processed foods that are high in saturated fats and sugars, salty, fatty and greasy food, sweets, and sugared soft drinks.
- Adequate consumption of fruit and vegetables reduces the risk for cardiovascular diseases, stomach cancer and colorectal cancer.



PHYSICAL INACTIVITY

- Physical inactivity is one of the leading risk factors for **heart disease** and death worldwide.
- The lack of physical activity increases the risk of hypertension, coronary heart disease, stroke, diabetes, and various types of cancer.
- Any physical activity, that may include walking to get to and from places, or as part of a person's work, is a means of improving your overall health.



EXCESSIVE ALCOHOL USE

- Frequently drinking too much alcohol is harmful to health and a leading cause of preventable death.
- Over time, excessive alcohol use leads to the development of many chronic diseases, including **heart disease** and other serious health problems.



INHERITED HEALTH RISKS

Some health risks are genetic and inherited from other family members, including:

- heart disease
- high blood pressure
- Alzheimer's disease
- arthritis
- diabetes
- cancer
- obesity



Early detection saves lives

- People who are at high cardiovascular risk need early detection and management using counseling and medicines, as appropriate.
- Sometimes heart disease is not diagnosed until a person experiences signs or symptoms of a **heart attack, heart failure, or an arrhythmia.**



TIME TO CALL THE DOCTOR

Call your doctor immediately when you first notice any of the following that may be a heart attack or heart failure:

- *You experience chest pain, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.*
- *You have shortness of breath, fatigue, swollen legs, and rapid heartbeat.*



HEART ATTACK



Heart attack symptoms: *Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.*

A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

ARRHYTHMIA



- **Arrhythmia symptoms:** *Heart arrhythmias may feel like a fluttering or racing heart.*
- An **arrhythmia** is a problem with the rate or rhythm of your heartbeat. It means that your heart beats too quickly, too slowly, or with an irregular pattern.
- Treatment can often control or eliminate irregular heartbeats by changing to a heart-healthy lifestyle.

HEART FAILURE

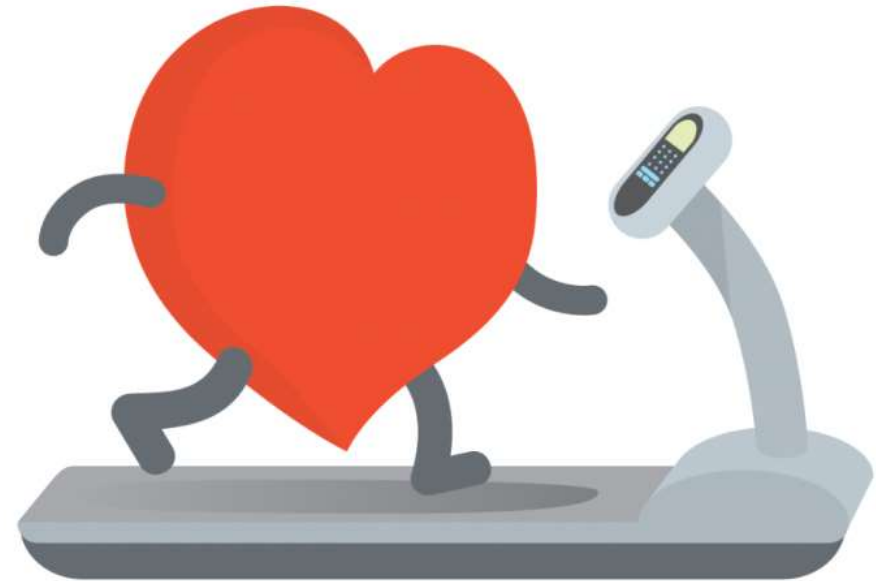


- **Heart failure symptoms:** *Shortness of breath, fatigue, swollen legs, and rapid heartbeat.*
- **Heart failure** is a chronic, progressive condition in which the heart muscle is unable to pump enough blood to meet the body's needs for blood and oxygen.
- Treatment includes eating less salt, limiting fluid intake, and taking prescription medications.

PREVENTION

Many forms of heart disease can be prevented or treated with healthy lifestyle choices

- Quit smoking
- Get active; start an exercise program
- Eat a balanced diet; increase fruits and vegetables
- Reduce sugar and alcohol intake
- Achieve and maintain a healthy weight
- Get a physical check up with your doctor



WHAT IS A HEALTHY DIET?

- Healthy eating means eating a variety of foods that give you the nutrients (protein, carbohydrates, fat, water, vitamins and minerals) you need to maintain your health, feel good, and have energy.
- It's important to eat a variety of foods from the 5 food groups to have a healthy diet:
 - Adequate fruits and vegetables
 - Whole grains
 - Lean meats and beans
 - Milk and dairy
 - Limited unsaturated fats and oils



MISCONCEPTIONS

- If you have heart disease, you need to take it easy.
 - Inactivity can lead to blood clots. Exercise and diet are the best means of keeping your body healthy.
- If you take a cholesterol-lowering drug, you can eat anything.
 - Eating anything you want is the reason you are having health problems. Follow your doctor's orders if you want to get better.
- It's okay to have higher blood pressure when you're older.
 - High blood pressure is no joking matter. High blood pressure is the step before a stroke or heart attack.

MISCONCEPTIONS

- If you have smoked for years, you can't reduce your risk of heart disease by quitting.
 - If you quit smoking, it will improve your health no matter how long you have been smoking. Of course, the sooner the better.
- Heart disease is really a man's problem.
 - Heart disease affects both men and women.
- A small heart attack is no big deal.
 - It is a HUGE deal! If you notice something weird going on with your heart, you should seek help immediately.

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