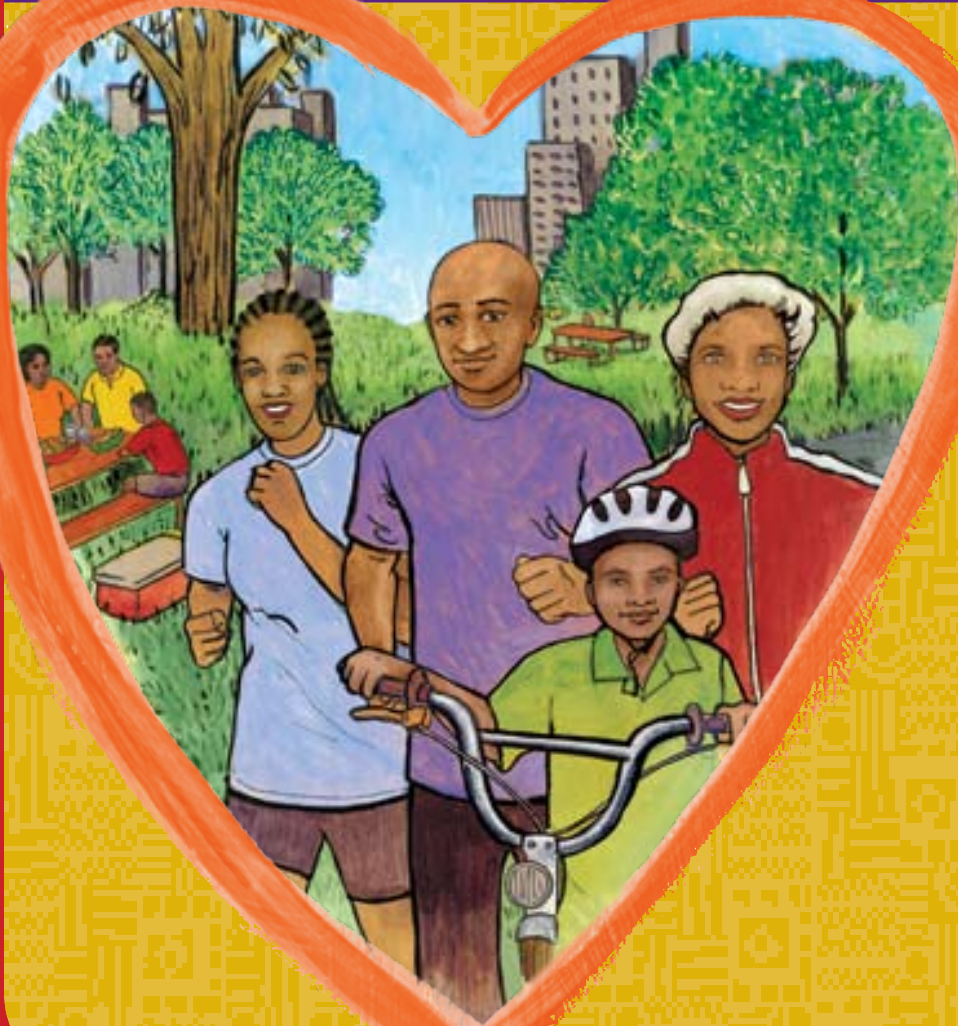


On the Move to Better Heart Health for African Americans



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

DISCRIMINATION PROHIBITED:

Under provisions of applicable public laws enacted by Congress since 1964, no person in the United States shall, on the grounds of race, color, national origin, handicap, or age, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program and activity) receiving Federal financial assistance. In addition, Executive Order 11141 prohibits discrimination on the basis of age by contractors and subcontractors in the performance of Federal contracts, and Executive Order 11246 states that no federally funded contractor may discriminate against any employee or applicant for employment because of race, color, religion, sex, or national origin. Therefore, the National Heart, Lung, and Blood Institute must be operated in compliance with these laws and Executive Orders.

On the Move to Better Heart Health for African Americans



U.S. Department of Health and Human Services
National Institutes of Health

NIH Publication No. 08-5829
April 2008



**National Heart
Lung and Blood Institute**
People Science Health

Table of Contents

Introduction

Section 1

Knowledge Is Power:
Know Your Risk for Heart Disease..... 4

Section 2

Act in Time to Heart Attack Signs! 10

Section 3

Help Your Heart!
Control Your High Blood Pressure..... 16

Section 4

Be Heart Smart!
Keep Your Cholesterol in Check..... 26

Section 5

Embrace Your Health!
Aim for a Healthy Weight 36

Section 6

Protect Your Heart:
Take Good Care of Your Diabetes for Life..... 48

Section 7

Take Control of Your Health:
Enjoy Living Smoke Free 60

Introduction

African Americans and Heart Disease

Heart disease is a serious health problem for all Americans, especially African Americans. Although it is the #1 killer of Americans, most people are not aware that they are at risk for heart disease. Many African Americans believe that a heart attack or stroke happens suddenly because of a scary experience, getting bad news, or having strong feelings like anger. A heart attack or stroke may seem sudden, but the truth is that heart disease happens over many years. It often starts at a very young age.

This booklet explains what heart disease is and its risk factors. It presents information in an easy-to-read format and includes helpful tips to improve your health. When you learn and use information that can improve your health, you have hope for a healthy future.

Risk Factors

High blood pressure, high blood cholesterol, obesity, smoking, physical inactivity, and diabetes can increase the risk for heart disease, so they are called risk factors. You can reduce your risk by making lifestyle changes. All you need is a little information, a few skills, and a bit of motivation.



Easy-To-Read Booklet

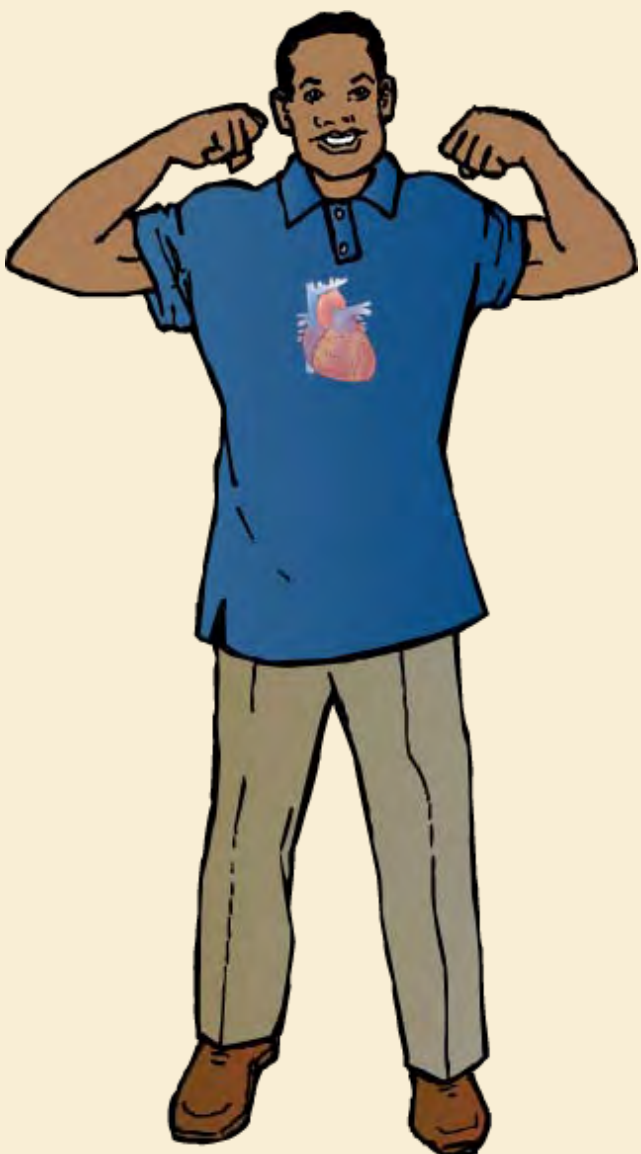
This easy-to-read booklet is filled with practical information that can help you reduce your risk for heart disease. You will be introduced to the Harris family who will share what they did to prevent and control their risk factors. Join them and take steps to prevent heart disease in your family.

Hope for a Healthy Future

Taking steps to prevent heart disease at any age is important. Caring for your heart is one of the most important things you can do for your health and the health of your family. Future generations are counting on you.



Section 1: Knowledge Is Power: Know Your Risk for Heart Disease



Knowledge Is Power: Know Your Risk for Heart Disease

Knowing whether you are at risk for heart disease can empower you to do something about it. This section will help you identify your risk for heart disease.

The Amazing Heart

Your heart is one of your strongest muscles. It pumps blood to all parts of your body through miles of blood vessels all day. Blood carries the nutrients and oxygen your body needs to keep going. The heart is so important; you want to keep it healthy. When the heart stops, life stops.



What Is Heart Disease?

Heart disease develops over many years. It happens when the blood vessels going to the heart become narrow and clogged. Clogged arteries increase the risk of developing heart disease.



Ms. Diane Learns About Risk Factors

Ms. Diane: "The doctor told me that I have high blood pressure and diabetes. High blood pressure and diabetes put me at risk for heart disease. Now that I know my risk factors, I take steps to lower my risk."



What Are Risk Factors?

Risk factors are traits and habits that make you more likely to develop heart disease. There are some risk factors that you can do something about; others you cannot change. The more risk factors you have, the greater your chances of heart disease.

Are You at Risk for Heart Disease?

Look at the list of risk factors below. Check all your risk factors.

Risk factors that you can do something about:

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Lack of physical activity | |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Cigarette smoking | |

Risk factors you cannot change:

- ❑ Age (45 years or older for men, 55 years or older for women)
- ❑ Family history—
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65

The more risk factors you checked, the greater your chances of developing heart disease.

Lower Your Risk for Heart Disease

Here are things Ms. Diane and her family are doing to lower their risk for heart disease:

- **Lose weight.** “We eat smaller portions. If we are still hungry, we have salad.”
- **Get 30 to 60 minutes of moderate physical activity a day.** “We walk together after dinner every night.”
- **Eat less saturated fat and sodium.** “I bake chicken instead of frying. I use herbs instead of salt to season our food.”



- **Eat more fruits and vegetables.** “We enjoy them with meals, as a snack, or for dessert.”



- **Limit beverages and foods with sugar.** “We limit sweets, such as doughnuts, cookies, and soda.”



- **Quit smoking.** “Our home is smoke free.”

- **Have regular checkups.** “We track our weight, waist measurement, blood pressure, blood cholesterol, and blood sugar (test for diabetes) using our Heart Health Cards” (on page 69).



You can lower your risk, too. When you change your lifestyle behaviors by doing some of these things, you **will** live longer.

Section 2: Act in Time to Heart Attack Signs!



Act in Time to Heart Attack Signs!

Did you know that healthy choices can reduce your risk factors for heart disease and protect your heart? Sometimes, despite our best efforts, heart disease can result in a heart attack. That is why it is important to know the warning signs of a heart attack and what to do if you experience them. Quick action can help save your life or the life of someone else. This section will help you learn the warning signs of a heart attack.

Heart Attack Warning Signs

The most common heart attack warning sign for men and women is chest pain or discomfort. Sometimes the pain or discomfort is mild, and the warning signs come and go. Most people have more than one warning sign. Some signs can occur at the same time.

If you feel any of the signs listed on the next page, call 9–1–1 right away. Anyone with heart attack signs needs to get medical care at once. Even if you're not sure it's a heart attack, have it checked out. Every minute counts!

Ms. Diane: "Since my sister died of a heart attack, it is important for me to know the heart attack warning signs. My doctor told me that it is best to call 9–1–1 immediately if I have any of the signs."



Heart Attack Warning Signs

1. Your chest hurts or feels squeezed.
2. One or both arms, your back, or stomach hurt.
3. You feel pain in the neck or jaw.
4. You feel like you can't breathe.
5. You feel light-headed or break out in a cold sweat.
6. You feel sick to your stomach.

Be prepared. Develop a heart attack survival plan and keep it handy.

Chest pain



**Arm, back, or
stomach pain**



Neck or jaw pain



Trouble breathing



**Feeling light-headed or
breaking into a cold sweat**



**Feeling sick to
your stomach**

My Heart Attack Survival Plan

Follow these steps to prepare for a possible heart attack.

1. Learn the heart attack warning signs.
2. Think about what to do in case of a heart attack.
3. Talk with family and friends about the heart attack warning signs and the importance of calling 9–1–1 (or my local emergency number) right away.
4. Talk to the doctor about my risk of a heart attack.
5. Talk to the doctor about what to do if I experience any of the heart attack warning signs.
6. Fill out the “My Emergency Card,” and share it with my family.



My Emergency Card

Cut along dotted lines. Fold card in half and paste with a glue stick (Fold 1). Fold in half again to make your own personal wallet card (Fold 2).

My Emergency Card

Name: _____

Date of Birth: _____ Home Phone: _____

Emergency Contacts:

Name	Relationship	Phone

(FOLD 2)

Emergency Numbers

Family Doctor: _____

Phone: _____

Local Clinic/Hospital: _____

Phone: _____

Fire Department: _____

Local Police Department: _____

Front

(FOLD 1)

Do you have any of the following conditions?

Heart disease _____ ☐ Yes ☐ No

Previous heart attack _____ ☐ Yes ☐ No

High blood pressure _____ ☐ Yes ☐ No

High blood cholesterol _____ ☐ Yes ☐ No

Diabetes _____ ☐ Yes ☐ No

Other _____

List current medications, known allergies, and any other information.

Current medications: _____

Known allergies: _____

Other information: _____

Back

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

