

INSPIRING PEOPLE

## Heart to Heart

Dr. del Pino-White, D.O.

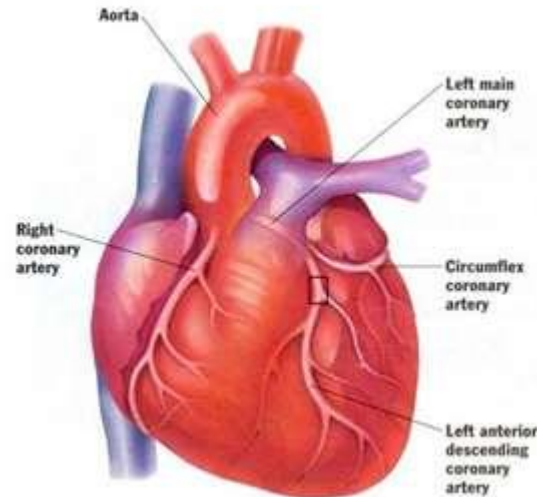
Marathon  
*health*<sup>™</sup>  
For life.



# True or False:

## Fun Facts about the Heart

- Every day, your heart beats about 10,000 times, sending 2,000 gallons of blood surging through your body.



# Answer: True

- Every day, your heart beats about 10,000 times, sending 2,000 gallons of blood surging through your body.
- Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues.

# True or False?

- When it comes to matters of the heart, men and women are created equal. Men and women have the same size heart.



# Answer: False

- When it comes to matters of the heart, men and women definitely aren't created equal.
- A man's heart weighs about 10 ounces, while a woman's heart weighs approximately 8 ounces.

# True or False?

- Watching a movie can affect your blood flow throughout your body.

# Answer: True

- A good belly laugh can send 20% more blood flowing through your entire body.
- One study found that when people watched a funny movie, their blood flow increased. That's why laughter might just be the perfect antidote to stress.



# True or False?

- You are more likely to have a heart attack on the weekend, when you are relaxed, than during the week, when you are busier.

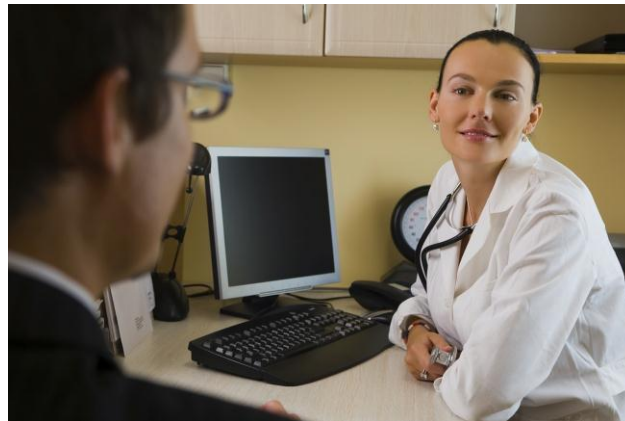


# Answer: False

- You're more likely to have a heart attack on Monday morning than at any other time of the week.
- Doctors have long known that morning is prime time for heart attacks.
  - That's because levels of a stress hormone called cortisol peak early in the day.
  - When this happens, plaque that has built up in the arteries can rupture and block the flow of blood to the heart. If you add in the rise in blood pressure and increased heart rate from the stress of returning to work after the weekend, you have the perfect recipe for a Monday morning heart attack.

# True or False?

- Heart Disease is the number one killer of both men and women in the United States.



# Answer: True

- Heart disease is the number one killer of adults in the United States.
- Heart disease is responsible for 40% of all the deaths in the United States, more than all forms of cancer combined.

# Good News!

- Many forms of heart disease can be prevented or treated with healthy lifestyle choices, diet, and exercise.
- We are here to help you!



# Today's Objectives

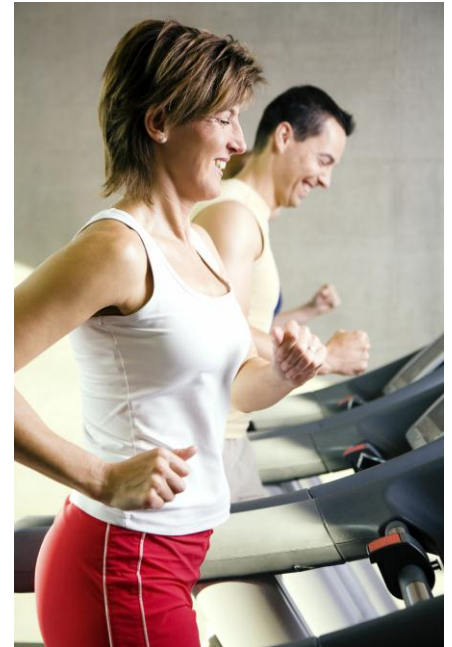
- Understand heart disease and know the signs and symptoms
- Identify risk factors for heart disease
- Identify lifestyle choices that can decrease your risk of heart disease
- Develop a plan to achieve your lifestyle goals

**“ LETS  
HAVE  
A HEART  
TO HEART  
ABOUT  
HEART  
DISEASE.”**

The Fresh Quotes

# Heart Disease

- A range of diseases that affect your heart and, in some cases, your blood vessels. These include:
  - Coronary artery disease
  - Heart rhythm problems (arrhythmias)
  - Heart defects you're born with (congenital heart defects)

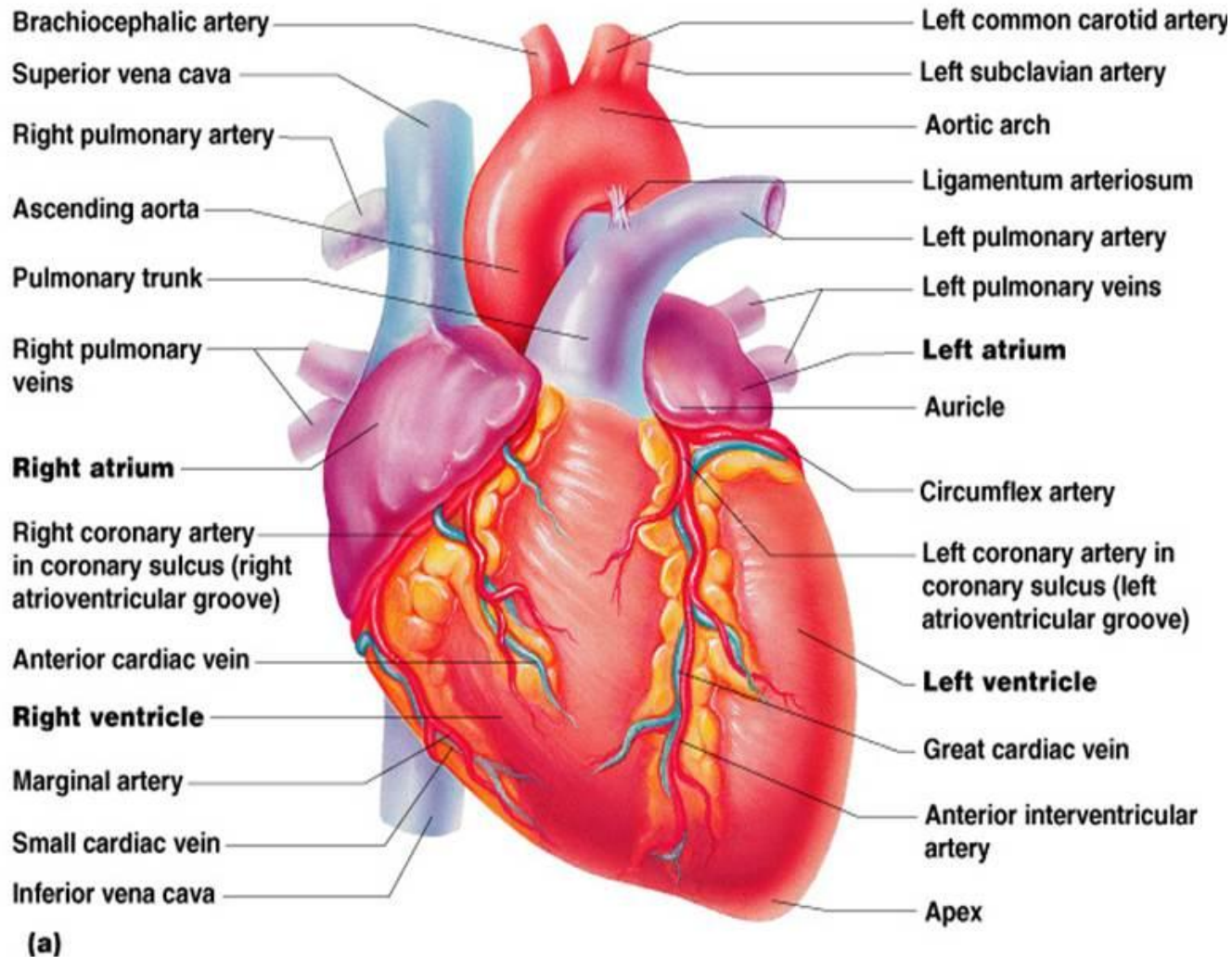




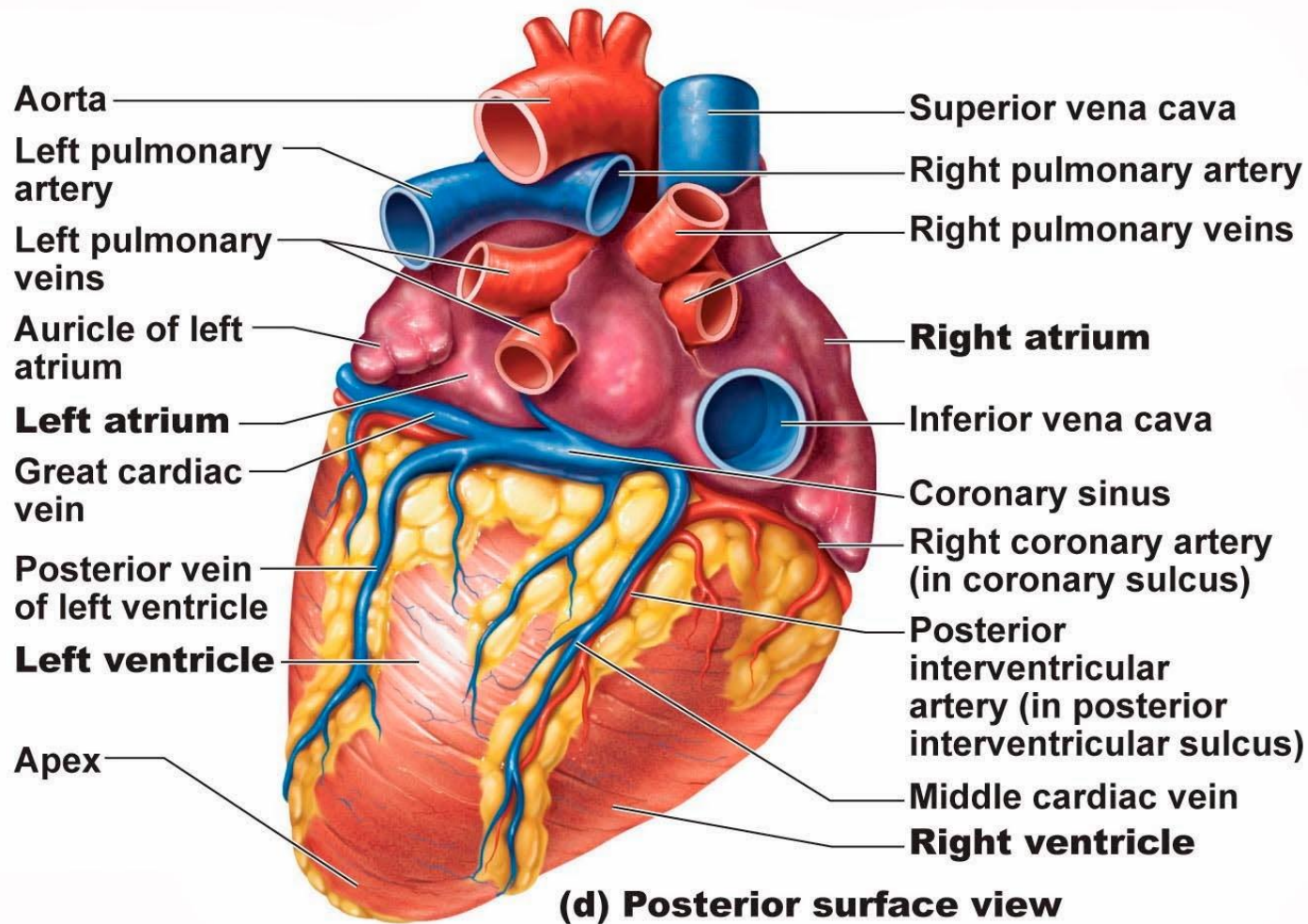
# Heart Disease, cont'd

- “Heart disease” is interchangeable with “cardiovascular disease”
- Narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina), or stroke
- Other heart conditions, such as infections, and conditions that affect your heart's muscle, valves, or beating rhythm

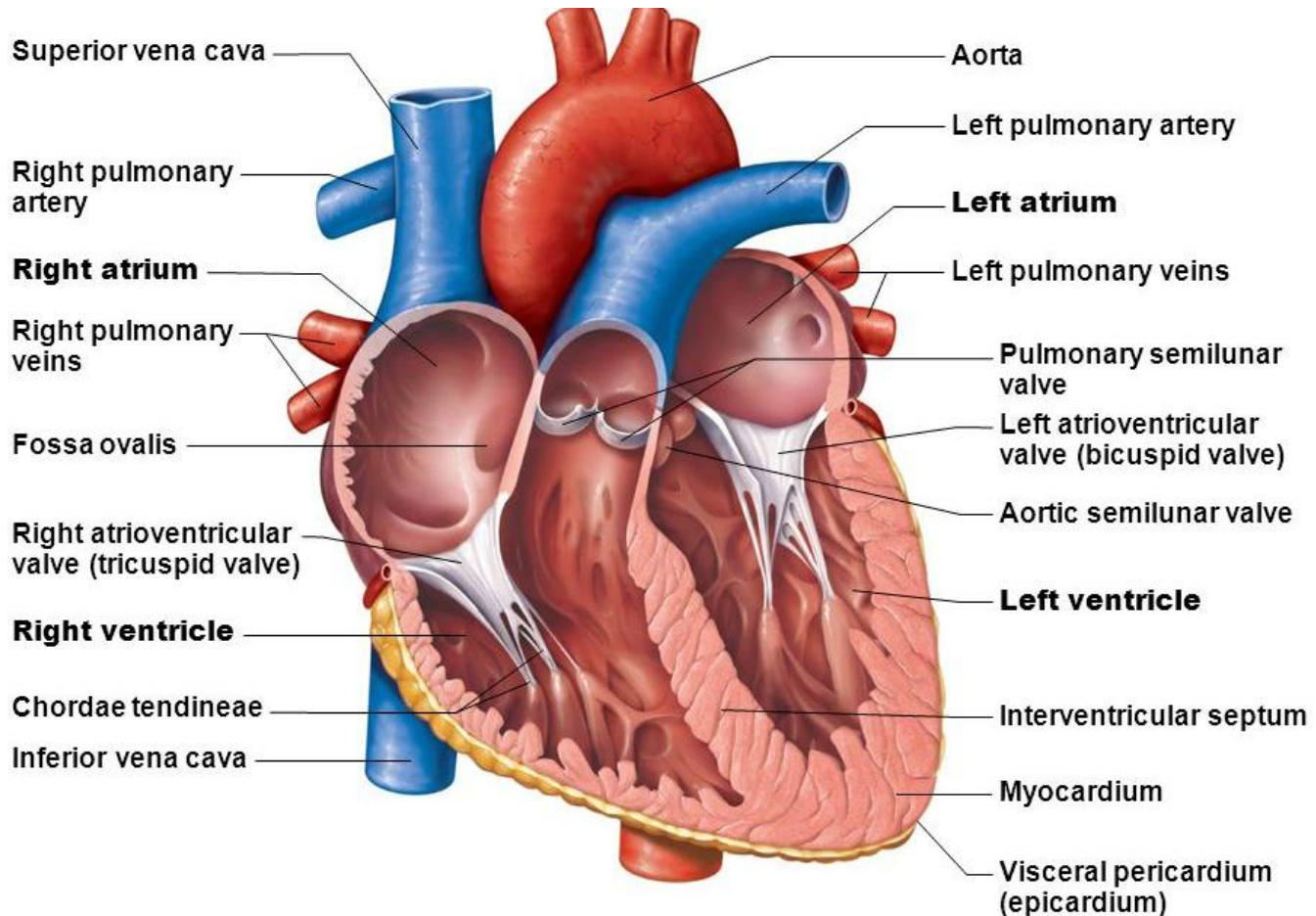
# Heart Anatomy- Front



# Heart Anatomy- Back



# Heart Anatomy- Inside



**(b) Frontal section showing interior chambers and valves.**

# Coronary Artery Disease (CAD)

- Most common type
- Plaque builds up inside the coronary arteries (the arteries that wrap around the heart, supplying it with blood and oxygen)
- When plaque builds up, it narrows the arteries and reduces the amount of blood that gets to your heart.
- Can lead to a heart attack

# Heart Attack and Angina

## Heart Attack

- Blood flow to the heart is blocked
  - Plaque can break open and the body forms a clot around it
- Part of the heart starts to die
- Quick treatment can restore blood flow and save your life

## Angina

- Type of chest pain or discomfort
- Not enough blood flow to the heart, generally caused by plaque

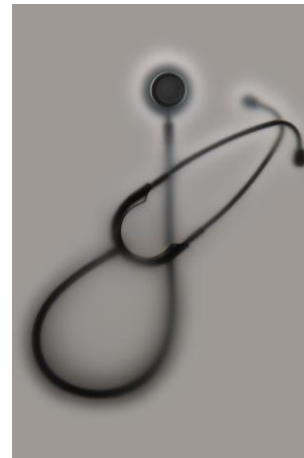
# Risk Factors

## Controllable

- Smoker
- High cholesterol
- High blood pressure
- Diabetes
- Weight
- Physical inactivity

## Uncontrollable

- Gender
- Age
- Family history



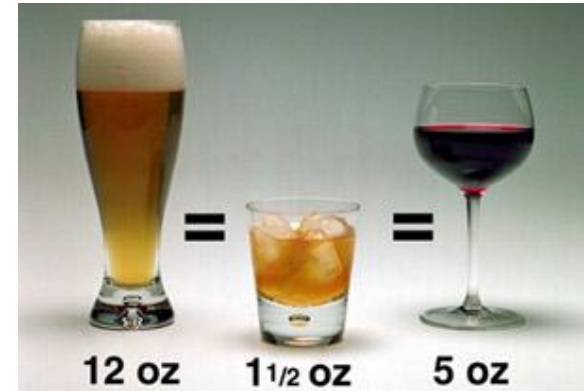
# Alcohol and Heart Disease

- Drinking alcohol in excess can lead to heart disease by increasing these risk factors:
  - Blood pressure
  - Obesity
  - Triglyceride level
- Excessive drinking can lead to heart failure, cardiomyopathy, cardiac arrhythmia, and heart attack.



# Alcohol in Moderation

- Men: 2 drinks per day
- Women: 1 drink per day



If you drink more than this amount, studies show that cutting back will reduce your risk of developing heart disease.

# Heart Disease

## Tests and Diagnosis

- Clinician Exam / Primary Care Doctor's Visit
- EKG
- Chest X-Ray
- Blood Tests
- Echocardiogram
- Stress Test
- Coronary Angiography
- Cardiac Catheterization

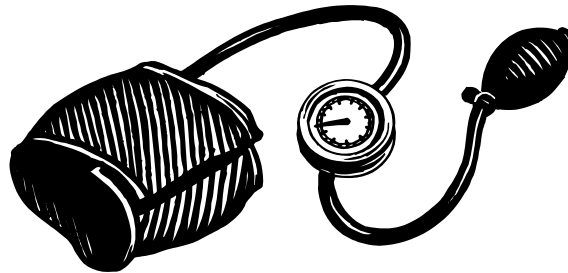
# Signs and Symptoms of Coronary Artery Disease

You usually don't have symptoms until after age 50. Typical first symptoms include:

- Chest pain or discomfort (angina)
- Shortness of breath
- Heart attack
- Less common symptoms include a fast heartbeat, feeling sick to your stomach, and increased sweating

# Symptoms of a Heart Attack

- Chest pain (discomfort, pressure, squeezing, or heaviness in the chest)
  - People often put their fist to their chest when they describe the pain.
  - The pain may spread down the left shoulder and arms, back, jaw, and neck.



# Symptoms of a Heart Attack

- Other symptoms include:
  - Pain in the upper belly, often mistaken for heartburn
  - Sweating, nausea, and vomiting
  - Trouble breathing (a feeling that their heart is racing or pounding)
  - Feeling weak or very tired, feeling dizzy, or fainting
- Women, older adults, and people with diabetes are more likely to have other symptoms, such as shortness of breath, nausea, back pain, or jaw pain.

# Surviving a Heart Attack

- If you have symptoms of a heart attack, act fast. Quick treatment could save your life.
- Call 911 or other emergency services.
- Chew 1 adult-strength aspirin or 2 to 4 low-dose aspirin. Aspirin helps keep blood from clotting.
- The best choice is to go to the hospital in an ambulance.
- If you cannot reach emergency services, have someone drive you to the hospital right away. Do not drive yourself unless you have absolutely no other choice.



# Heart Disease Treatment

- Medications to stabilize the heart include:
  - Aspirin
  - Ace-Inhibitors
  - Beta Blockers
  - Cholesterol Medications
- Surgeries include:
  - Angioplasty (placement of stents)
  - CABG (Coronary Artery Bypass Grafting); also known as open heart surgery

# Heart Disease Treatment, cont'd

- Heart Rehabilitation: Cardiac Rehabilitation Therapy
- For some types of heart disease, you may need diuretics, a pacemaker, defibrillator, cardio-version, and even a heart transplant.
- Lifestyle changes to decrease risk factors



# Lifestyle Changes

- Changing old habits may not be easy, but it is very important to help you live a healthier and longer life.
  - Having a plan can help.
  - Start with small steps.
- Schedule an appointment at the City's Health and Wellness Center for health coaching.



# Omega-3 Fatty Acids

- Decreased inflammation
- Decreased triglycerides (type of fat found in your blood)
- Decreased blood pressure
- Decreased blood clotting

# Omega-3 Fatty Acids, cont'd

- What is the best source of omega-3 fatty acids?
  - Fish (2-3 servings per week recommended)
- Fish with the highest amount of omega-3 fatty acids include: salmon, lake trout, mackerel, herring, sardines, and tuna
  - Broiling/baking/grilling
  - Wild-caught versus farm-raised

# Omega-3 Fatty Acid Supplements

- Fish Oil

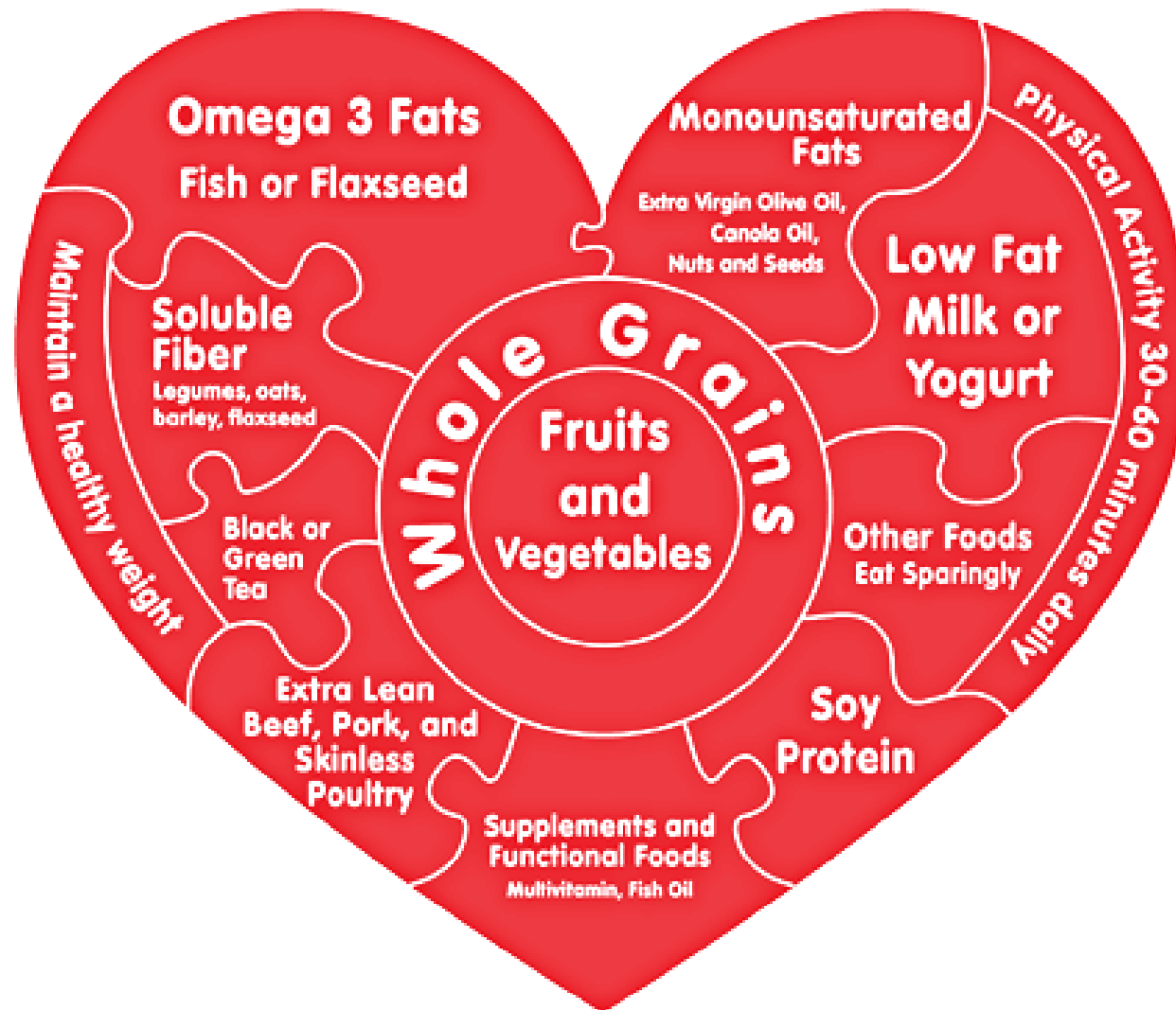
- Recommended dosage: 1200 mg, twice daily
- If you take a fish oil supplement, be sure it's a doctor recommended dosage/brand and purified to remove mercury.

- Flax Seed Oil

- Recommended dosage: 1000 mg, twice daily



# What's part of a Healthy Heart?



# Staying Healthy

- See your clinician for regular follow-up appointments.
- Take your medicines exactly as prescribed.
- Keep nitroglycerin with you at all times if your doctor prescribed it for chest pain.
- Tell your clinician about any chest pain you have had, even if it went away.
- Get the support you need to succeed in making lifestyle changes. Sign up for health coaching at the City's Health and Wellness Center.

# Choices for Heart Health

- Don't smoke and avoid secondhand smoke.
- Eat a heart-healthy diet that includes plenty of fish, fruits, vegetables, beans, high-fiber grains and breads, and olive oil.
- Get regular exercise.
- Control your cholesterol, blood pressure, and diabetes.

# More Choices for Heart Health

- Lower your stress level. Stress can damage your heart.
- Take a daily aspirin if your clinician advises it.
- Get a flu shot every year.
- Take all of your medicines correctly.
- Seek help to manage symptoms of depression.



# Next Steps

- What is one thing you can do to reduce your risk for heart disease?
- Write down one small improvement you can work on this week to help reduce your risk for developing heart disease.



“Heart  
Disease  
Let's  
Defeat,  
Keep  
A Healthy  
Heart  
Beat”

The Fresh Quotes

# City of Fort Lauderdale Health and Wellness Center/Marathon Health

- Provides primary care, acute care, onsite dispensing of certain prescription medicines, preventive care, and health and wellness services ***at no charge.***
- Staffed by a full time physician, a full time nurse practitioner, and two full time medical assistants.
- Open: Monday-Wednesday and Friday from 7 AM - 4 PM and Thursday from 9 AM - 6 PM (Closed daily from 1PM - 2PM)
- To make an appointment, call 754.206.2420

# The Health Center is Located 2 Blocks from City Hall with Free Parking for Patients



# Questions?

