



pa health  
& wellness™



## HEART HEALTH

## KEEPING THE BEAT GOING

Carol J. Adams DNP MSN RN  
Clinical Program Manager

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# WHAT IS HEART DISEASE

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Heart Disease is the leading cause of death in the United States. (CDC)



Your heart is a hard-working muscle which beats more than 100,000 times a day.  
It is important to take care of it.

# WHAT IS HEART DISEASE

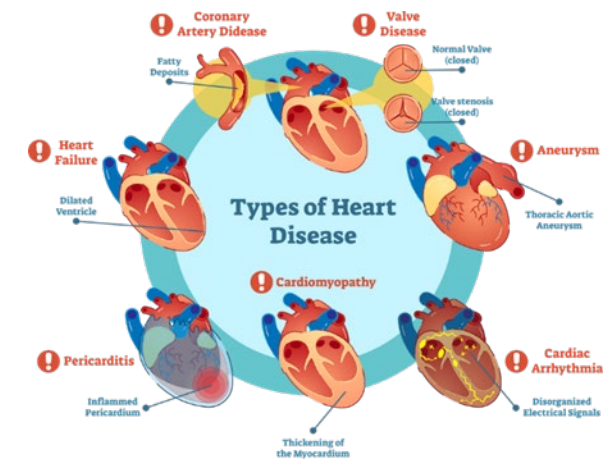
The term “Heart Disease” refers to several types of heart conditions.

In the United States, the most common type of heart disease is Coronary Artery Disease (CAD).

- CAD is also called Coronary Heart Disease or Ischemic Heart Disease.
- CAD affects the blood flow to the heart.
- Decreased blood flow to the heart can cause a heart attack.

CAD is the most common type of heart disease, but there are many other conditions that can affect the heart, including:

- Cardiac arrest (sudden cardiac arrest)
- Heart attack (myocardial infarction)
- Acute coronary syndrome (ACS) (includes heart attack or unstable angina)
- Heart Failure
- Cardiac Arrhythmias
- Aneurysm
- Pericarditis



# INCIDENCE OF HEART DISEASE

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Per the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States.

- **Nationally** (CDC, 2024)
  - One person dies every 33 seconds from cardiovascular disease.
  - In 2022, 702,880 people died from heart disease. (1 in every 5 deaths was among adults less than 65 years old.)
  - In 2021, about 695,000 people died from heart disease (1 in every 5 deaths).
  - 1 in 20 adults aged 20 and older have CAD.
  - Someone in the U.S. has a heart attack every 33 seconds.
- **Pennsylvania** (PA EDDIE, 2024)
  - In 2023, approximately 30,709 people in Pennsylvania died from heart disease.

# SYMPTOMS OF HEART DISEASE

Coronary artery disease (CAD), heart attack and cardiac arrests all have common symptoms:

- Chest pain or discomfort (Angina)
- Pain or discomfort in the upper body, including the neck, upper back, shoulders, or arm.
- Indigestion, heart burn, nausea or vomiting.
- Extreme fatigue,
- Dizziness, Lightheadedness
- Shortness of breath
- Fast-beating, fluttering, or pounding heart (palpitations)

About 1 in 5 heart attacks are silent, where damage is done but the person is not aware of it. (CDC, 2024)

**Call 911 if you notice any symptoms.**

**The sooner you get to an emergency room and get treatment will reduce the amount of damage to the heart.**



## Common Heart Attack Warning Signs

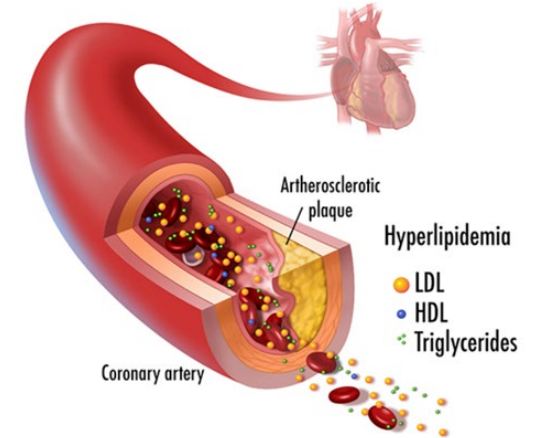


Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

(AHA, 2024)

# RISK FACTORS FOR HEART DISEASE

- Key risk factors for heart disease:
  - High blood pressure (Hypertension)
  - High blood cholesterol (Hyperlipidemia)
  - Smoking
  - A family history of heart disease at an early age (50 or younger)
- Medical conditions and lifestyle choices that can put people at risk for heart disease:
  - Diabetes
  - Overweight and obesity
  - Unhealthy diet
  - Physical inactivity
  - Excessive alcohol or drug use



**If you experience any symptoms or at risk for heart disease, take time to make a visit to your doctor.**



# HIGH BLOOD PRESSURE (HYPERTENSION)

## Blood Pressure Categories

<b>BLOOD PRESSURE CATEGORY</b>	<b>SYSTOLIC mm Hg (upper number)</b>	<b>and/or</b>	<b>DIASTOLIC mm Hg (lower number)</b>
<b>NORMAL</b>	LESS THAN 120	and	LESS THAN 80
<b>ELEVATED</b>	120 – 129	and	LESS THAN 80
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	130 – 139	or	80 – 89
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	140 OR HIGHER	or	90 OR HIGHER
<b><u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120

(AHA, 2024)

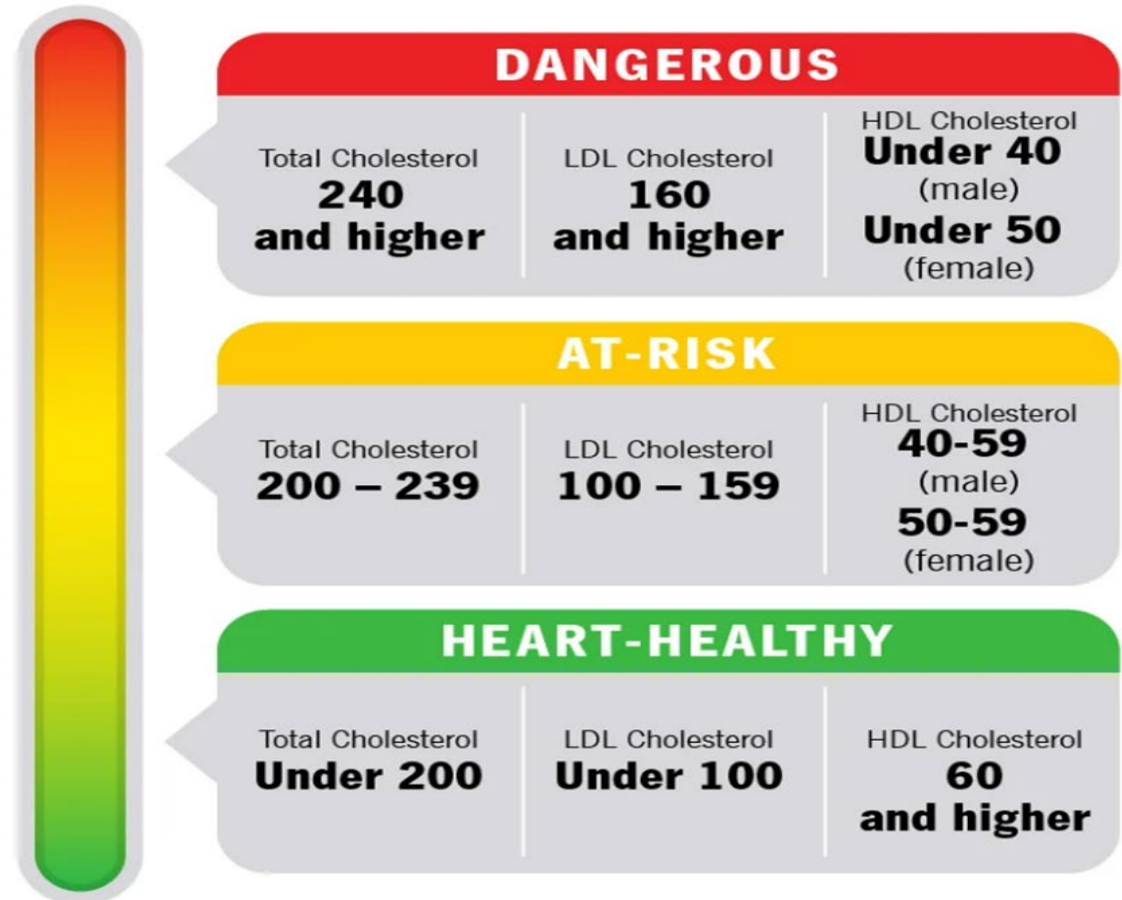


# HIGH BLOOD CHOLESTEROL (HYPERLIPIDEMIA)

Cholesterol numbers in the heart-healthy range can help lower your risk of heart disease.

- Your HDL (**good** cholesterol) number should be high.
- Your LDL (**bad** cholesterol) number should be below 100.
  - High levels of LDL increase your risk of heart disease and stroke.
- Your TOTAL cholesterol number should be below 200.

## Cholesterol Levels



# DIAGNOSIS & TREATMENT FOR HEART DISEASE

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If you are at risk of heart disease or have symptoms, some of the tests your doctor may use to confirm a diagnosis of heart disease include:

- **Blood tests** to check your blood sugar, cholesterol levels, and a C-reactive protein (CRP).
- **ECG or EKG** will measure your heart's electrical activity, rate and rhythm.
- **Echocardiogram** uses sound waves to create a picture of your heart.
- **Exercise Stress Test** helps to measure how well your heart is able to pump your blood.
- **Nuclear Stress Test** to see how your blood moves through your heart at rest and with activity.
- **Heart CT Scan** can show if you have calcium deposits and blockages in the arteries of your heart.
- **Chest X-ray** creates a picture of your heart, lungs, and other organs in the chest.
- **Heart Catheterization** and angiogram checks the inside of your arteries for blockages, measures blood pressure in the heart, and how well the blood flow through the heart.



# DIAGNOSIS AND TREATMENT FOR HEART DISEASE

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Treatment for heart disease can help manage symptoms and reduce the risk of further problems.

Medications to widen your arteries, reduce blood pressure and chest pain symptoms may include:

- Beta blockers (atenolol, bisoprolol, metoprolol, and nebivolol)
- Nitroglycerin and Ranolazine
- Ace inhibitors (ramipril, lisinopril)
- Angiotensin-2 receptor blockers (ARBs)
- Calcium channel blockers (amlodipine, verapamil, diltiazem)
- Diuretics (water pills)
- Blood thinning medications, including Aspirin, can help reduce the risk of a heart attack by thinning your blood and prevent clots from forming.
- Cholesterol-lowering medicines, called statins, may be prescribed for high cholesterol.

Depending on your test results, sometimes surgery is needed.

These surgeries may include:

- **Coronary artery stent** (angioplasty) to open clogged blood vessels in the heart
- **Coronary artery bypass surgery (CABG)**, also known as open heart surgery.

# HEART DISEASE PREVENTION

Choosing healthy behaviors can lower your heart disease risk and prevent other serious chronic conditions, including type 2 diabetes. (CDC, 2024)

Ways to live a Heart-Healthy Lifestyle:

1. Know your health history
2. Eat a healthy diet
3. Keep a healthy weight
4. Get regular exercise
5. Quit smoking
6. Take medicines as directed
7. Choose your drinks wisely
8. Monitor your blood pressure at home



Work together with your doctor to help improve your heart health.

(American Heart Association, 2024)

# HEART DISEASE PREVENTION

Also, Remember the **ABCS** of Heart Health:

- A. Take **A**spirin as directed by your doctor.
- B. Control you **B**lood Pressure.
- C. Manage your **C**holesterol.
- S. Don't **S**moke. (CDC, 2024)



(CDC, 2024)

# PHW CARDIAC DISEASE MANAGEMENT

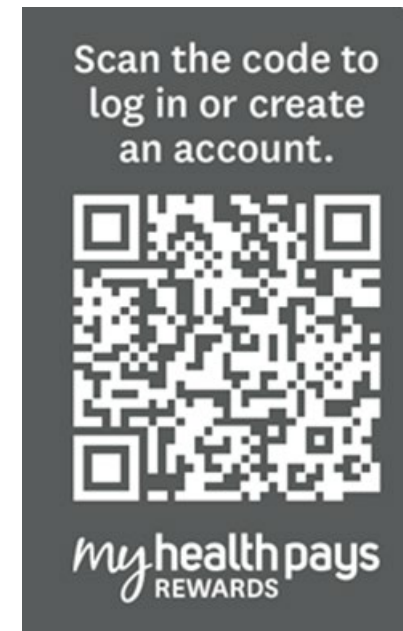
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## PA Health & Wellness (PHW)

- If you are a PHW member, you can enroll in the Cardiac Disease Management Program, which provides telephonic outreach, education, and support services to promote heart health when diagnosed with:
  - Coronary Artery Disease
  - Heart Failure
  - High Blood Pressure (Hypertension)
  - High Cholesterol (Hyperlipidemia)

## To learn more visit:

- Visit [PAHealthWellness.com](https://PAHealthWellness.com)
- Call Participant Services: **1-844-626-6813** (TTY:711)
- Email: [phwcasemanagement@pahealthwellness.com](mailto:phwcasemanagement@pahealthwellness.com)
- QR code:





# ADDITIONAL HEART HEALTH RESOURCES

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- **American Heart Association (AHA)**
  - Website: <https://www.heart.org/en/>
  - Phone: 1-800-242-8721 (1-800-AHA-USA-1)
  - Health Living: <https://www.heart.org/en/healthy-living>
- **Centers for Disease Control and prevention (CDC):**
  - Website: [https://www.cdc.gov/heart-disease/prevention/?CDC\\_AAref\\_Val=https://www.cdc.gov/heartdisease/prevention.htm](https://www.cdc.gov/heart-disease/prevention/?CDC_AAref_Val=https://www.cdc.gov/heartdisease/prevention.htm)
- **Pennsylvania Department of Health**
  - Website: <https://www.health.pa.gov>
  - Health programs website: <https://www.health.pa.gov/topics/programs/Pages/Programs.aspx>



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