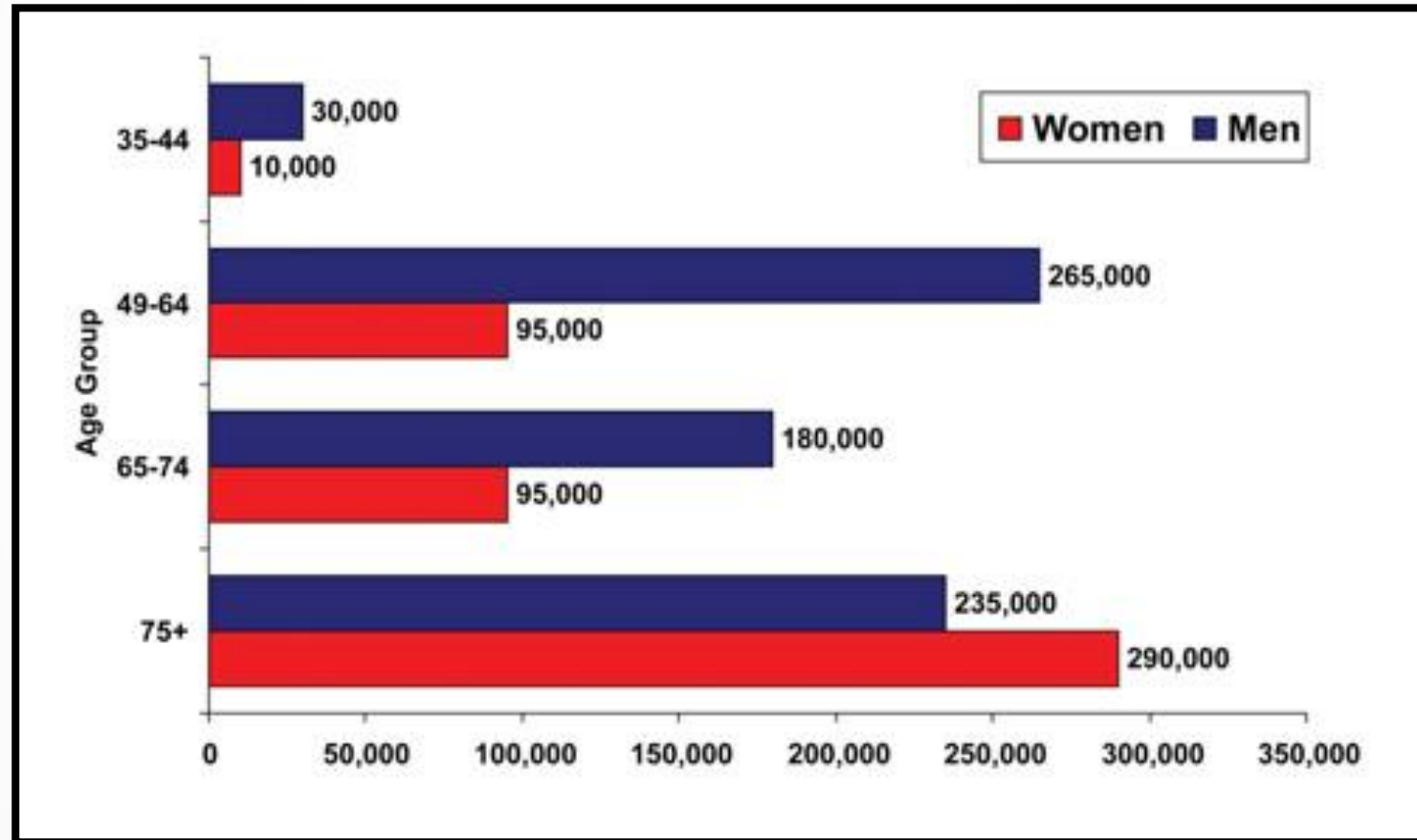


# Ignoring Your Symptoms May Cost You Your Life!



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**Covenant Cardiology Group**

# Prevalence of Heart disease in women vs Men across different age groups



# No. 1

killer of women

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Affects more  
women than men

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More deadly than  
all forms of cancer  
combined



10  
YEARS

23%

Increase in  
awareness of heart  
disease as  
No. 1 killer

34%

Fewer women are  
dying of heart  
disease each year

330

Fewer women are  
dying every day

***However, the fight is far from over...***

**COVENANT**  
Center for the Heart



# **Facts About Cardiovascular Diseases**



## Fact -1- One

- **Cardiovascular diseases cause 1 in 3 women's deaths each year, killing approximately one woman every minute**
- An estimated **43 million** women in the U.S. are affected by cardiovascular disease
- 90% of women have one or more risk factors for heart disease or stroke
- 80% of heart disease & stroke events could be prevented



## Fact -2- Two

- **More women than men died each year from heart disease**
- The symptoms of heart attack can be different in women vs men, and are often misunderstood-even by some physicians
- Women have a higher lifetime risk of stroke than men



## Fact -3- Three

### ➡ Heart disease and stroke affect women of all ethnicities

- ➡ Only 43% of African American women and 44% of Hispanic women know that heart disease is their greatest risk, compared with 60% of Caucasian women.
- ➡ Of African-American women ages 20 and older, **48.9%** have cardiovascular disease, yet only 20% believe they are at risk.
- ➡ Only 50% of African-American women are aware of the signs & symptoms of a heart attack.
- ➡ Hispanic women are likely to develop heart disease 10 years earlier than Caucasian women.





## Fact -4- Four

### ➤ Women who are involved with the Go Red for Women movement live healthier lives

- More than 1/3 has lost weight
- More than 50% have increased their exercise
- 6 out of 10 have improved their diets

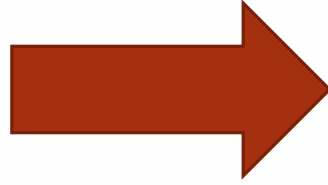
## What are my Risk Factors for Heart disease and Stroke ?

- Smoking
- Poor Physical Activity
- Unhealthy Diet
- Overweight/Obesity
- Age (above 60)
- High Cholesterol
- High Blood Pressure
- Family history of heart disease
- Blood Sugar/Diabetes

# Smoking

- Including second-hand smoke is one of the **top three** leading risk factors
- After 10 years of quitting smoking your risk for heart disease becomes equal to any non-smoker
- If you are a smoker reach out for counselling and kick that BAD habit and don't stop quitting !!!





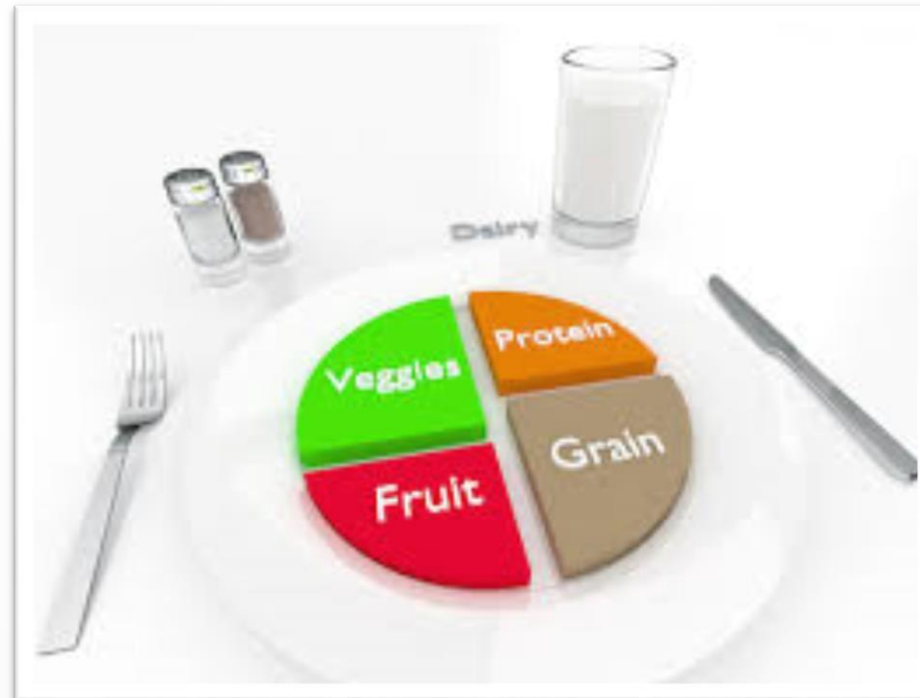
# Physical Activity

- About one in every three adults reports participating in non-leisure time physical activity
- American Heart Association recommends ~ **20 minutes** of exercise **3-4 days** every week



# Healthy Diet

- Less than **1%** of U.S. adults meet the American Heart Association's definition for "Ideal Healthy Diet"
- Of the **5** components of a healthy diet, **reducing sodium** and **increasing whole grains** are the biggest challenges







## Overweight/Obesity

- About **70%** of U.S adults (~159 Million) are overweight or obese
- About **32%** of children are overweight or obese
- **1 of 3** women involved in “Go Red” have lost weight

love  
yourself  
enough to  
live a healthy  
lifestyle.

# Cholesterol

- About 43% of Americans have total cholesterol higher than 200 mg/dl
  - Nearly 1 of every 3 Americans have high levels of **LDL** cholesterol (the “BAD” kind)
  - About 1 of 5 of Americans have low levels of **HDL** cholesterol (the “GOOD” kind)
- **Diet and Medication** have significant impact on lowering the Bad Cholesterol (LDL)
- **Diet and Exercise** have a measurable impact on raising the Good Cholesterol (HDL)





# High Blood Pressure

- About **80 million** U.S. adults have high blood pressure
  - Nearly half have uncontrolled high blood pressure (**~46%**)
- Rates of high blood pressure among **African-Americans** is the highest of any population
- Death rates from stroke has declined in the last decade by 24% with dropping the Blood pressure by **10 points!!!**

## JNC 8 Recommendations

Patient Subgroup	Target SBP (mm Hg)	Target DBP (mm Hg)
≥ 60 years	<150	< 90
< 60 years	<140	< 90
> 18 years with CKD	<140	<90
> 18 years with diabetes	<140	<90

CKD = chronic kidney disease; DBP = diastolic blood pressure; SBP = systolic blood pressure

James PA, et al. JAMA. 2013 Dec 18. [Epub ahead of print]

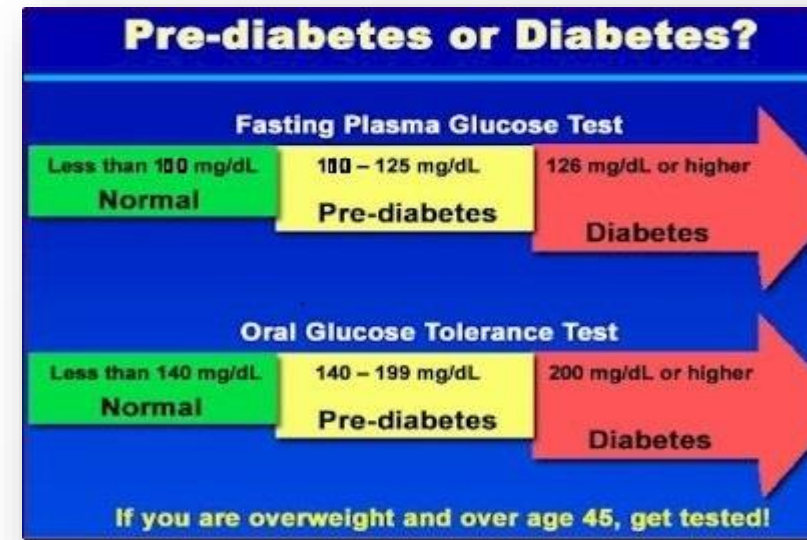
# Blood Sugar/Diabetes



- The prevalence of diabetes for adults worldwide was estimated to be 6.4% in 2010 and projected to be 7.7% in 2030.
- About **21 million** Americans (**~9%**) have diabetes
- About **35%** of American have pre-diabetes.
- If you above **45 years old** and **overweight** → GET TESTED !!!

Diabetics.. Keep your **A1C below 7.0** (6.5-8)

<b>HbA1c <math>\geq 6.5\%</math></b> Performed in lab using NGSP-certified method and standardised to DCCT assay*
OR
<b>FPG <math>\geq 126</math> mg/dL (7.0 mmol/L)</b> Fasting is defined as no caloric intake for at least 8 h*
OR
<b>2-h PG <math>\geq 200</math> mg/dL (11.1 mmol/L) during an OGTT</b> Perform as described by the WHO, using a glucose load containing the equivalent of 75g anhydrous glucose dissolved in water*
OR
<b>Random plasma glucose <math>\geq 200</math> mg/dL (11.1 mmol/L)</b> In patients with classic symptoms of hyperglycaemia or hyperglycaemic crisis



# BMI – Body Mass Index

**Weight**  pounds  kg

**Height**  feet  cm  
 inches

**BMI**

CDC Definitions for BMI (Body Mass Index)

BMI Range	Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 & Above	Obese

[Ref: Centers for Disease Control and Prevention](#)

NHANES II Definitions for BMI (Body Mass Index)

Men	Women	Status
< 20.7	< 19.1	Underweight
20.7 - 26.4	19.1 - 25.8	Normal
26.4 - 27.8	25.8 - 27.3	Marginally overweight
27.8 - 31.1	27.3 - 32.3	Overweight
> 31.1	> 32.3	Obese



# **Key take-action ... take-home Points**

## ■ **Smoking**

- Kick the habit and don't stop quitting!

## ■ **Physical activity**

- 2-3 times per week

## ■ **Healthy diet**

- Remember you main 5 portions

## ■ **Overweight**

- Measure your BMI and take control – join Go Red movement – 33% lost weight!

## ■ **High Cholesterol**

- Everybody has a different goal !
- Exercise and eat healthy (5 main portions!)

## ■ **High blood pressure**

- Goals: Less then 140 and less than 90 (age below 65 ears)
- Goals: Less than 150 and less than 90 (age above 65 year)

## ■ **Diabetes**

- Get tested (age >45 or overweight BMI >25 or > 23 Asian women)
- Keep your A1C below 7.0

# Go Red for Women 2016 Key Messaging

- Heart disease is **No. 1 killer** of women
- Heart disease is not just a man's disease, in fact heart disease & stroke kill more women than men
- Cardiovascular disease cause 1 in 3 women's deaths each year, killing approximately **1 woman every minute**
- **80%** of cardiac events can be prevented
- More than **275 women's lives** have been saved each day since Go Red for Women began in 2004

# Heart disease in Women affects all ethnicities...

- Cardiovascular diseases are the leading cause of death for African-American women
- Hispanic women are likely to develop heart disease 10 years earlier than Caucasian women
- The symptoms of heart attack can be different in women vs men, and are often misunderstood-even by some physicians



# WHAT IT MEANS TO GO RED FOR WOMEN

## G: GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.

## O: OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy.  
It's up to you. No one can do it for you.

## R: REALIZE YOUR RISK

You think it won't happen to you,  
But heart disease kills one of every three women.

## E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family.  
Teach your kids the importance of staying active.

## D: DON'T BE SILENT

Tell every woman you know that heart disease is our No. 1  
killer.





# ***Don't be Silent...***

Five Cardinal symptoms that shouldn't be ignored...

- 1. Shortness of breath**
- 2. Jaw pain**
- 3. Back pain**
- 4. Nausea**
- 5. Heartburn**

***Trust your gut...***





# Cardiovascular Disease Mortality Trends

*Women's rates are not declining in line with men's*

