

All About Your Heart

A Guide for Crisis and Prevention

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Presented October 2016*

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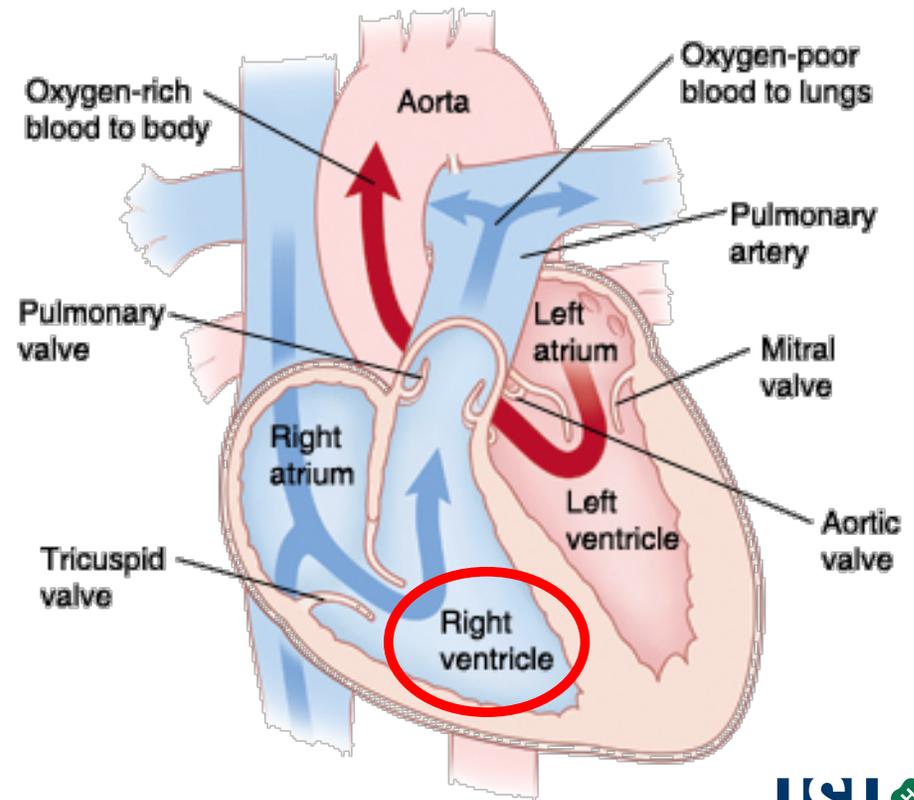


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The Female Heart

Fact: there are two ventricles in the heart: the left ventricle, and the right ventricle. A ventricle is a large chamber which allows blood to pass through the heart.

According to research, the Right Ventricle (pictured on the right) is smaller in men than in women. Due to this difference, women are more likely to experience different heart-attack symptoms than what men typically experience.



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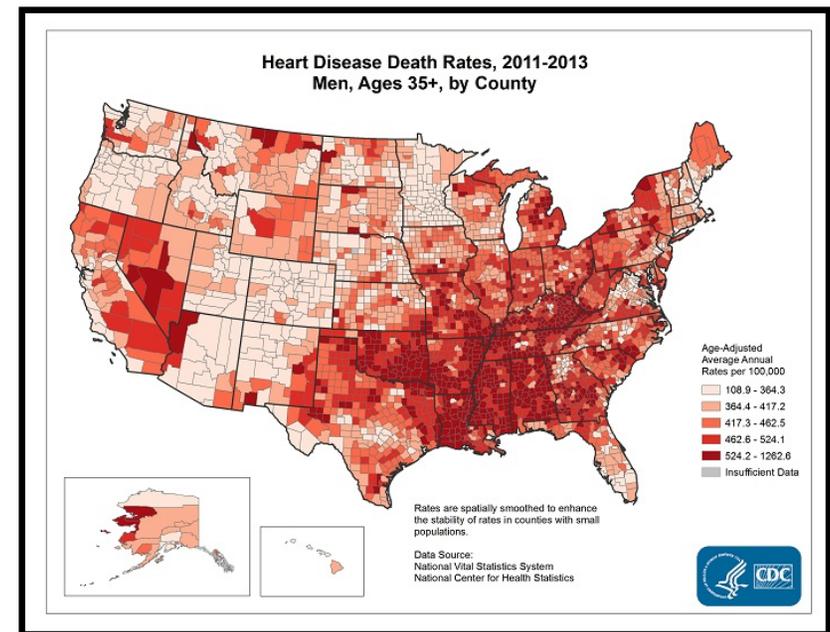
Cardiac Crisis: Women vs. General Population

Heart Attack Symptoms							
Symptom	General		Women	Symptom	General		Women
Shortness of Breath	✓		✓	Chest Pain	✓		
Dizziness	✓		✓	Sweating	✓		✓
Extremity Numbness	✓			Slow Heartbeat	✓		
Leg/ankle Swelling	✓			Neck Pain	✓		✓
Racing Heartbeat	✓			Jaw Pain	✓		✓
Shoulder Pain	✓		✓	Fainting	✓		
Nausea/Vomiting	✓		✓	Upper Back Pain	✓		✓
Unusual Fatigue	✓		✓	Chest Fluttering	✓		
Abdominal Pain	✓		✓	Lightheadedness	✓		
Throat Pain	✓			Right Arm Pain	✓		✓

*While women can experience the other listed symptoms, the indicated symptoms are the most common signs of a heart attack in women.

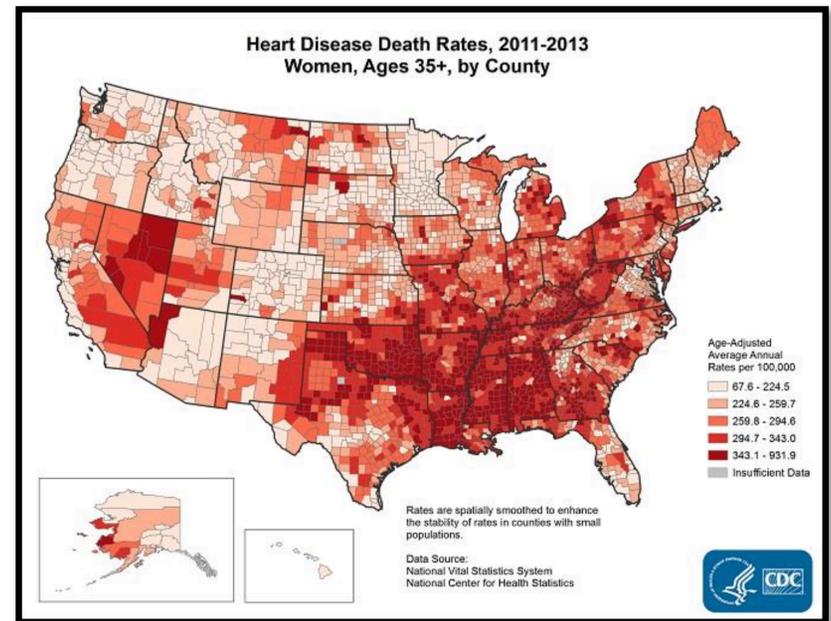
Facts and Figures: Men

- In 2009, 1 man out of every 4 died of heart disease (USA).
- Half of the men who die suddenly of coronary heart disease have no previous symptoms.
- Between 70% and 89% of sudden cardiac events occur in men.



Facts and Figures: Women

- Heart disease and stroke account for **25.5%** of all female deaths in Utah.
- Nearly **5** women in Utah die from heart disease and stroke each day.
- Why do you think that **more** women die from heart disease than do men?



Answer: The signs of a heart attack are more subtle in women than in men. It's easier for women to ignore these signs; studies show that women wait longer than men to go to the emergency room when they are having a heart attack, simply because they didn't recognize that they were having a heart attack.

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Healthy Habits for

Preventing Heart Disease

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Healthy Living Habits



- Eat a healthy diet
- Maintain a healthy weight
- Get enough physical activity
- Avoid smoking or using other forms of tobacco
- Limit alcohol use

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Eating a Healthy Diet

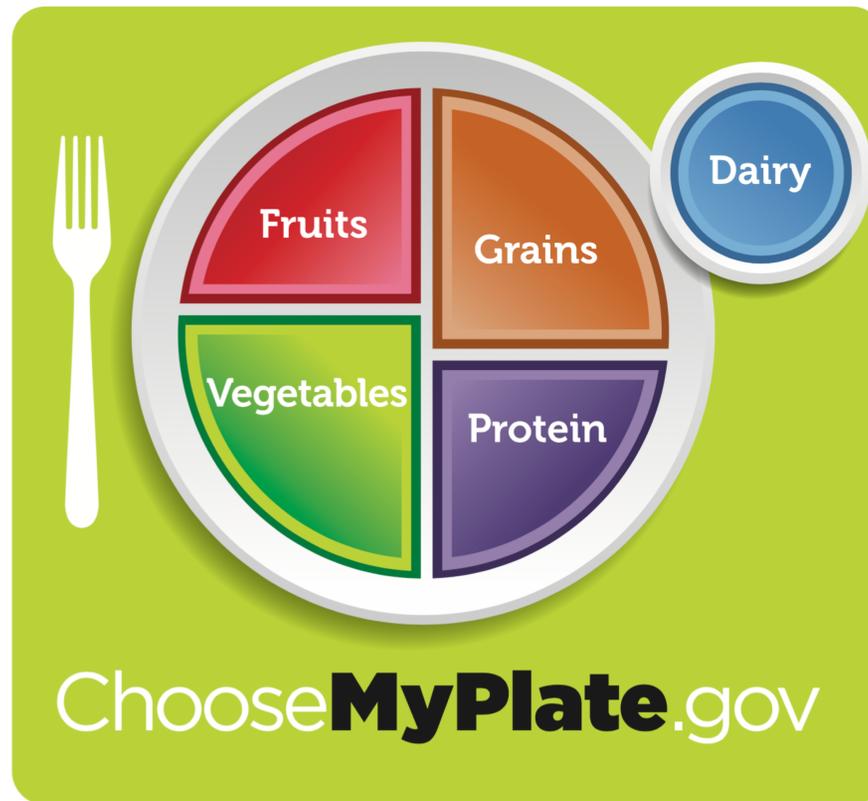
to Prevent Heart Disease

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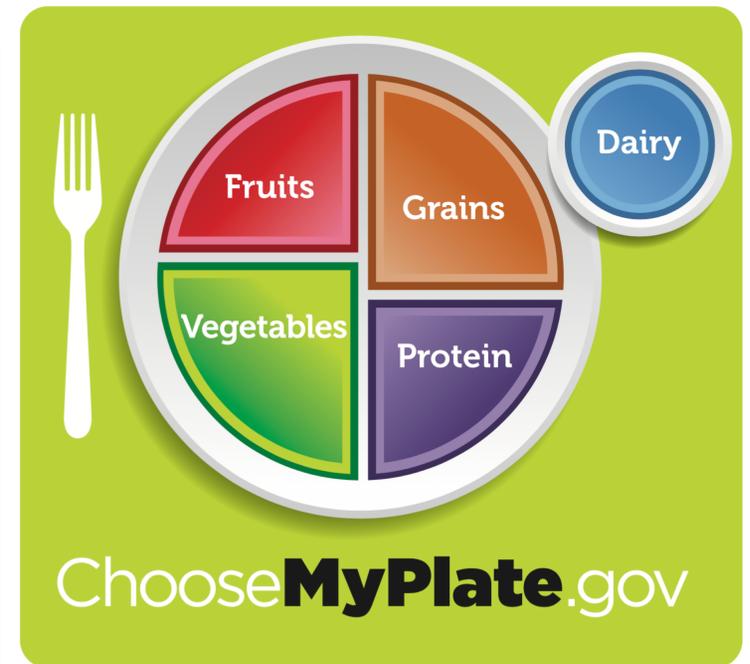
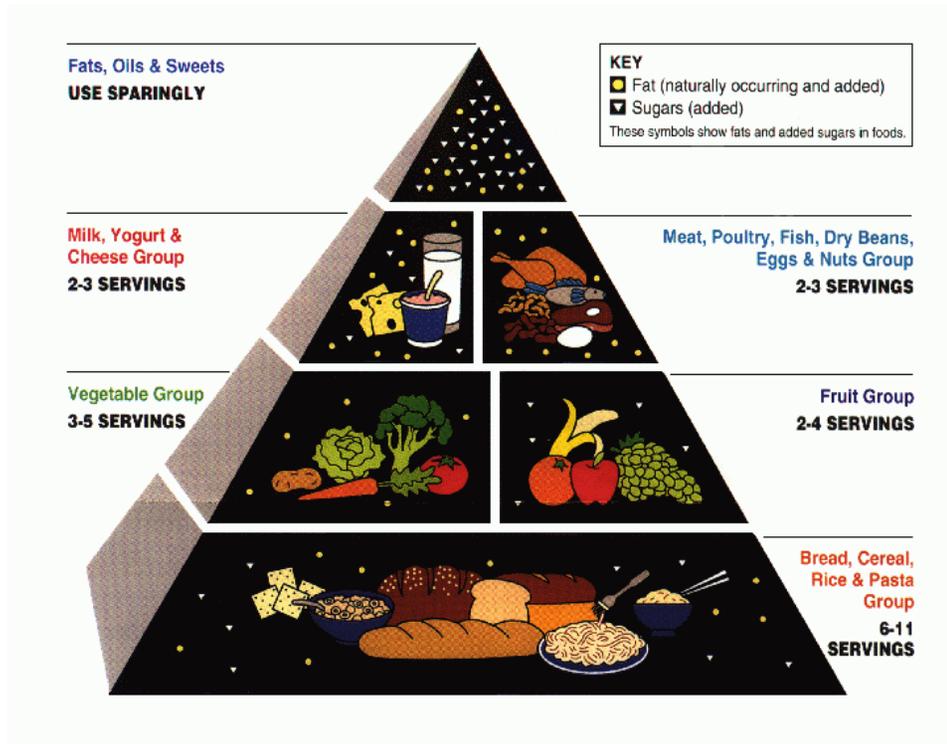
What is MyPlate?



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MyPlate vs. The Food Pyramid

In 2010, MyPlate replaced The Food Pyramid



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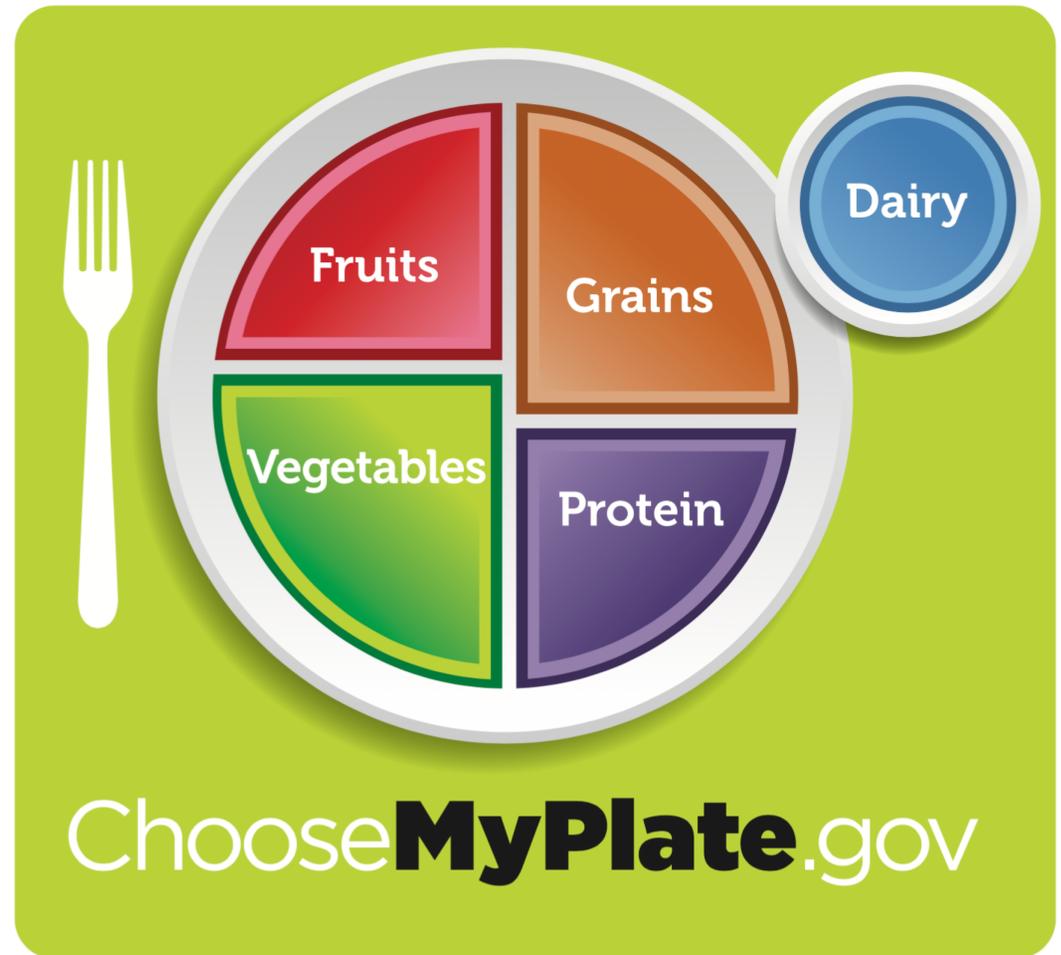
Fewer carbs
More fruits and vegetables

(Make 1/2 your plate fruits and vegetables)

No More “Other” Category

(Avoid saturated/trans fats, salt, and cholesterol)

A Lot More Visual!!!



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Maintaining a Healthy Weight

to Prevent Heart Disease

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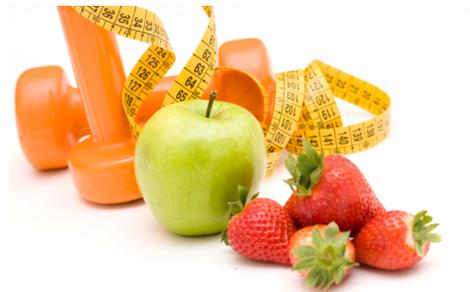
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Body Mass Index (BMI)



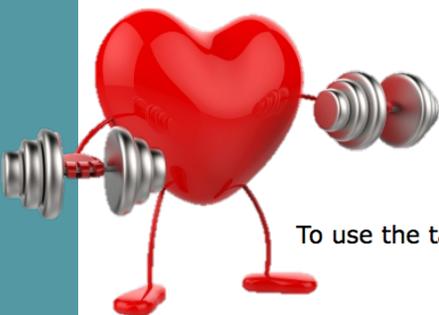
BMI Calculator

https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html



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Body Mass Index (BMI)

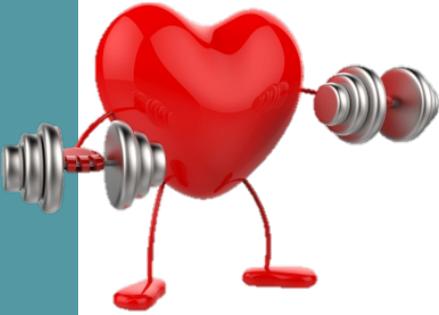
(Table 1)

To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight (in pounds). The number at the top of the column is the BMI at that height and weight.
Pounds have been rounded off.

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BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287



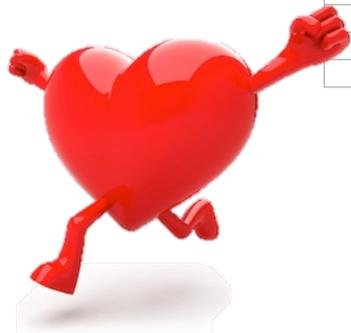
Body Mass Index (BMI)

(Table 2)



To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight. The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.
[Select the PDF version for better printing](#)

BMI	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																		
58	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443



If your BMI is less than 18.5, it falls within the underweight range.
 If your BMI is 18.5 to 24.9, it falls within the normal or Healthy Weight range.
 If your BMI is 25.0 to 29.9, it falls within the overweight range.
 If your BMI is 30.0 or higher, it falls within the obese range.

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Getting Enough Physical Activity

to Prevent Heart Disease

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How Much Should I Exercise?



Adults: 2 hours 30 minutes of moderate-intensity exercise, weekly

Children/Adolescents: 1 hour physical activity, every day

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Avoiding/Giving Up Smoking

to Prevent Heart Disease

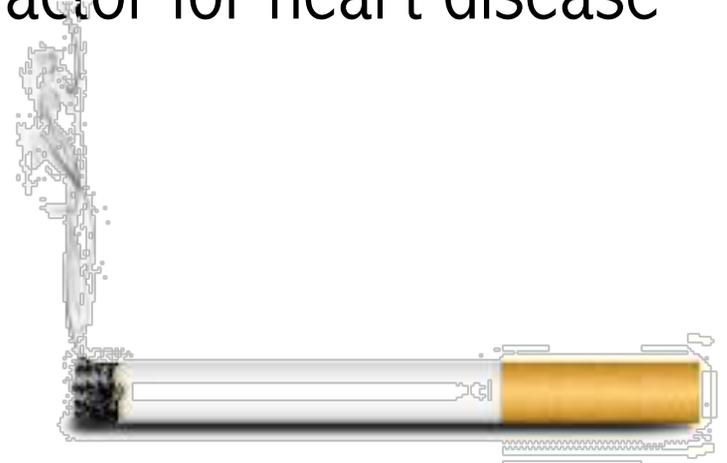
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Facts About Tobacco

- Smoking is the most powerful risk factor for heart disease that women can control.
- Smoking increases the risk of:
 - Plaque buildup
 - Blood clots
- Even women who smoke fewer than two cigarettes a day are at risk for Coronary Heart Disease.





way to quit

1.800.QUIT.NOW

Online Resources

waytoquit.org

Spanish Hotline

1-855-Dejelo-Ya

Decreasing Alcohol Consumption

to Prevent Heart Disease

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How Much is Too Much?

National Institute for Alcohol Abuse & Alcoholism (NIAAA)

Men: No more than 2 drinks on any day or 14 per week.

Women: No more than 1 drink on any day or 7 per week.



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Managing Health Conditions

to Prevent Heart Disease

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Managing Health Conditions



- Check cholesterol
- Control blood pressure
- Manage diabetes
- Take your medicine
- Talk with your health care team

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Five Important Steps

for managing health conditions

Check Cholesterol

A health-care provider should check your cholesterol at least once every five years.

Individuals with high cholesterol should have it checked more often.

Control Blood Pressure

High blood pressure usually has no symptoms so check it regularly. Speak with your healthcare provider to find out how often.

Manage Diabetes

If you have diabetes, closely monitor your blood sugar levels. Speak with your healthcare provider about treatment options, and make healthy lifestyle changes.

Take Your Medicine

Medicine should always be taken in accordance with the doctor's recommendation. Always ask questions if you don't understand something, and never stop taking medications without talking to your doctor, nurse, or pharmacist.

Talk with Your Team

Your healthcare team can work together to prevent or treat the medical conditions that lead to heart disease. Regularly discuss your treatment plan with these professionals, and bring a list of any questions to your appointments.



The Healthier You Are, The More You Reduce the Risk of Heart Disease!

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facebook.com/ubfamilywellness

Questions? Send us an email!

familywellness@usu.edu

-or-

marianne.clayburn@usu.edu

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References

The Female Heart: <https://www.goredforwomen.org/know-your-risk/find-out-your-risk/gender-heart-disease/>

Cardiac Crisis: <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease/art-20046167> & https://www.goredforwomen.org/about-heartdisease/symptoms_of_heart_disease_in_women/hard-to-recognize-heart-attack-symptoms/

Statistics for Men: Obesity statistics from <http://stateofobesity.org/states/ut/>. State maps from the Centers for Disease Control and Prevention; Keith's Story from heart.org. Also, data pulled from cdc.gov and tobaccofreeutah.org (overweight statistics pulled from <http://www.cdc.gov/obesity/stateprograms/fundedstates/pdf/utah-state-profile.pdf>).

Statistics for Women: Centers for Disease Control and Prevention. Obesity statistics from <http://stateofobesity.org/states/ut/>. Mortality data based on WISQARS Leading Cause of Death Reports, 2009; state maps from the Centers for Disease Control and Prevention; risk factor data from the BRFSS, 2010. Also, data pulled from cdc.gov and tobaccofreeutah.org.

Healthy Habits for Preventing Heart Disease: <https://www.cdc.gov/heartdisease/prevention.htm>

Eating a Healthy Diet to Prevent Heart Disease: Food \$ense MyPlate Creates Curriculum

Maintaining a Healthy Weight to Prevent Heart Disease: https://www.cdc.gov/heartdisease/healthy_living.htm

Body Mass Index Table 1: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.htm

Body Mass Index Table 2: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl2.htm

Getting Enough Physical Activity to Prevent Heart Disease: https://www.cdc.gov/heartdisease/healthy_living.htm

Avoiding/Giving Up Spoking to Prevent Heart Disease: <http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk> and https://www.cdc.gov/heartdisease/healthy_living.htm

Decreasing Alcohol Consumption to Prevent Heart Disease: <https://dontbottleitup.org.uk/worried-about-alcohol/tips-for-cutting-down> and https://www.cdc.gov/heartdisease/healthy_living.htm

Preventing and Maintaining Health Conditions to Prevent Heart Disease: https://www.cdc.gov/heartdisease/medical_conditions.htm

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