

# Heart Health

## Heart Disease Statistics

- Heart disease is the leading cause of death among men and women
- There are 785,000 first heart attacks each year
- African Americans are at highest risk of dying from heart disease

## Risk Factors for Heart Disease

Risk factors for heart disease can be divided into two main categories:

Modifiable and Non-modifiable.

Modifiable risks are those that you have control over and can change with healthy habits. Non-modifiable risks are those that you cannot change such as your gender.

### **Modifiable Risks:**

- **Smoking**
- **Obesity**
- **Sedentary lifestyle**
- **Poor eating habits**
- **High blood pressure**
- **High cholesterol**
- **Diabetes**



### **Non-modifiable Risks:**

- **Age**
- **Gender**
- **Heredity**
- **Family History**

## What can I do to decrease my chances of getting heart disease?

### Quit Smoking

- Cigarette smoking is the leading cause of preventable death
- Smoking is the cause of 1 out of 5 deaths per year
- On average it takes a smoker 5-7 quit attempts before success
- Be ready and highly motivated
- Don't quit cold turkey – increased chance of failure
- Change behaviors associated with smoking and use therapies to increase success
- Visit your pharmacist regularly for support and counseling



### Eat Healthy

- Low is saturated fat and cholesterol
- Low salt/sodium
- High fiber
- Limit alcohol intake
- Avoid vegetable and canola oil – choose olive oil
- Avoid processed foods
- Maintain a healthy weight



### Exercise

- Try for 30 minutes per day, 5 days a week
- Time may be divided into 2-3 segments – does not need to be done all at once
- Be sure to get clearance from a healthcare provider before starting an exercise regimen
- Walking is the best way to start
- Anything is better than nothing!!!



**February is  
American  
Heart Month**



**Is your HEART  
healthy?**

**DID YOU KNOW  
THAT HEART  
DISEASE IS THE  
LEADING CAUSE  
OF DEATH AMONG  
MEN AND  
WOMEN?**



**DID YOU KNOW  
THAT YOU CAN  
PREVENT HEART  
DISEASE?**

**BROUGHT TO YOU  
BY THE  
MARYLAND  
PHARMACISTS  
ASSOCIATION**



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**References:**

1. [www.cdc.gov](http://www.cdc.gov)
2. [www.americanheart.org](http://www.americanheart.org)