

# Heart to Heart



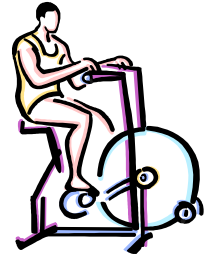
**MPHA**  
MARYLAND PHARMACISTS ASSOCIATION

# Did you know?

- Heart disease is the leading cause of death among men and women
- Approximately 800,000 people suffer a first heart attack every year
- African Americans are at highest risk of dying from heart disease
- There are things you can do to lower your risk – start today!!!



# Risk Factors for Heart Disease



- **Modifiable**

- Quit smoking
- Eat healthy
- Exercise
- Limit alcohol intake
- Maintain a healthy weight
- Do what you can to prevent high blood pressure, diabetes, high cholesterol

- **Non-modifiable**

- Age
- Gender
- Family history
- Heredity



# Quit Smoking

- Cigarette smoking is the leading preventable cause of premature death in the US
- Smoking is the cause of 1 out of 5 deaths per year
- May take a smoker 5-7 quit attempts to be successful – don't give up!!!
- Must be ready and motivated to quit
- Don't try to quit cold turkey – high likelihood of failure
- Change behaviors you associate with smoking



# Quit Smoking

- Don't be afraid to use approved therapies to help – they will increase your success!
  - Nicotine replacement (gum, lozenge, patch)
  - Varenicline (Chantix®)
  - Bupropion (Zyban®)
- Choose a therapy you feel you can stick with
- Visit with your pharmacist on a regular basis for support and discuss progress
- Have a support system in place
  - Family/friends
  - 1-800-QUIT-NOW



# Eat Healthy

- **Low in saturated fats and cholesterol**
  - Avoid fast foods, prepackaged foods
  - Choose good fats: nuts, dairy
- **Low salt/sodium**
- **High fiber**
- **Choose fruits and vegetables**
- **Avoid hydrogenated oils – choose olive oil**
  - Vegetable oil
  - Canola oil
- **Avoid processed foods**
  - Microwave meals
  - Foods with high fructose corn syrup
  - Foods with a lot of unhealthy chemicals that will prevent your body from burning fat



# Exercise

- 30 minutes per day 5 times/week
- Time may be divided into 2-3 segments
- Start slow but get moving!!
  - Get clearance from your health care provider before starting an exercise regimen
- Walking is the best way to start
- Anything is better than nothing
  - Park farther away from the door
  - Take stairs instead of the elevator



# Other Modifiable Risk Factors

- Limit alcohol intake
  - Men – no more than 2 drinks per day
  - Women – no more than 1 drink per day
- Maintain a healthy weight
  - Eat healthy
  - Exercise
- Attempting to change these risks may prevent you from getting high blood pressure, high cholesterol, and diabetes – diseases that put you at even higher risk for heart disease

February is American Heart Month



**Prevention is KEY**