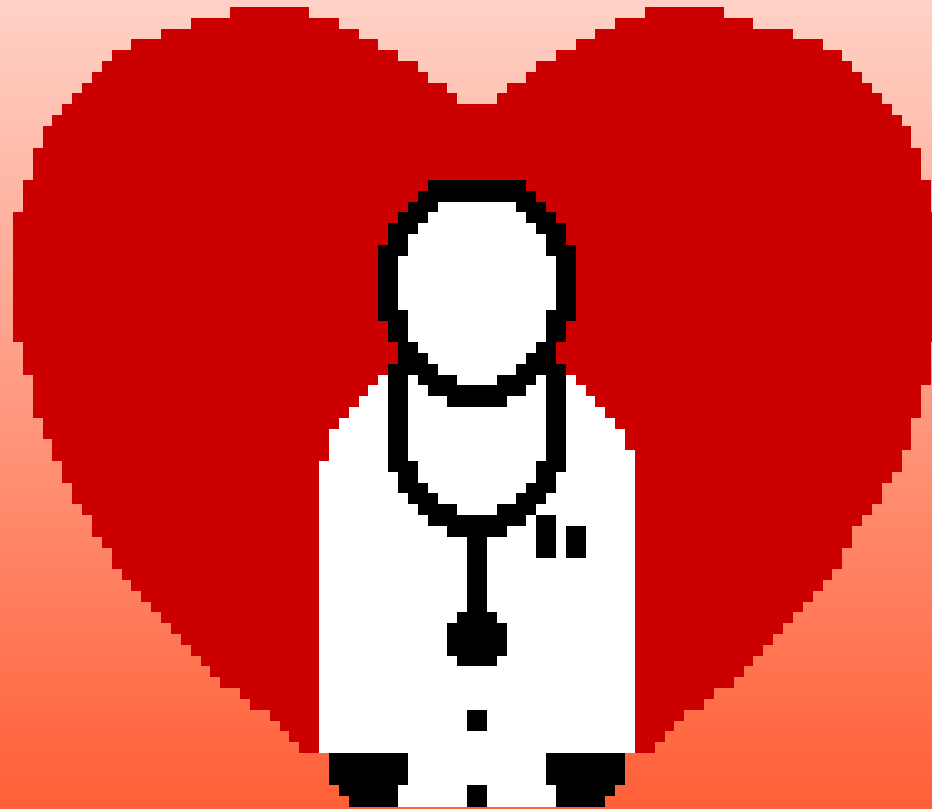


# Cardiovascular Disease



By Tina Bobek, R.N.

# Risk Factors for Heart Attack

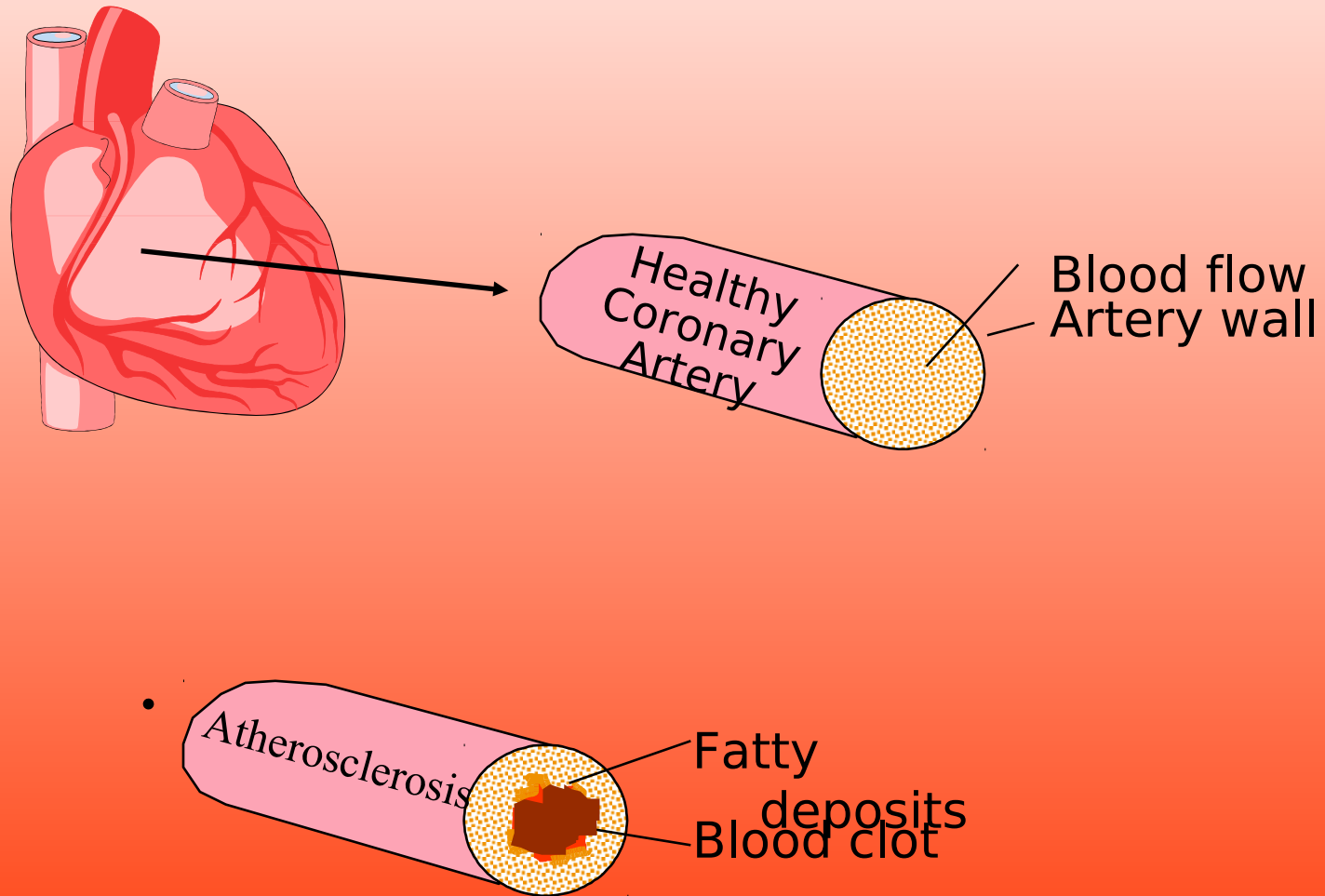
- Some things you can't change:
  - Heredity
  - Gender
  - Age
- But you can choose to change these:
  - Smoking
  - High B/P
  - High blood cholesterol
  - Inactivity



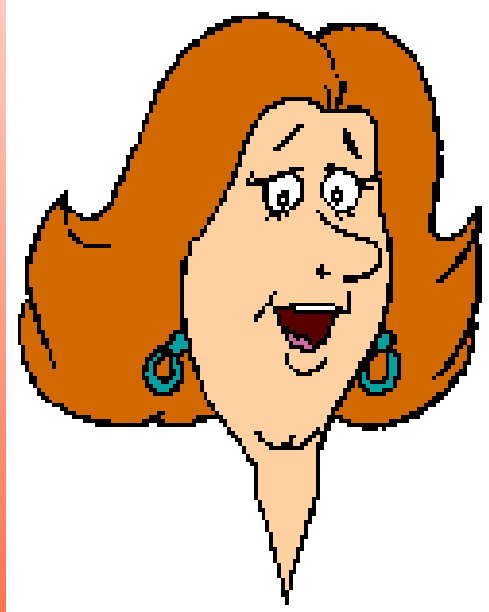
Controlling these contributing factors will help decrease your risk:

□ Diabetes

# Coronary Artery Disease Comes From Blocked Blood Vessels In The Heart



# Warning Signs

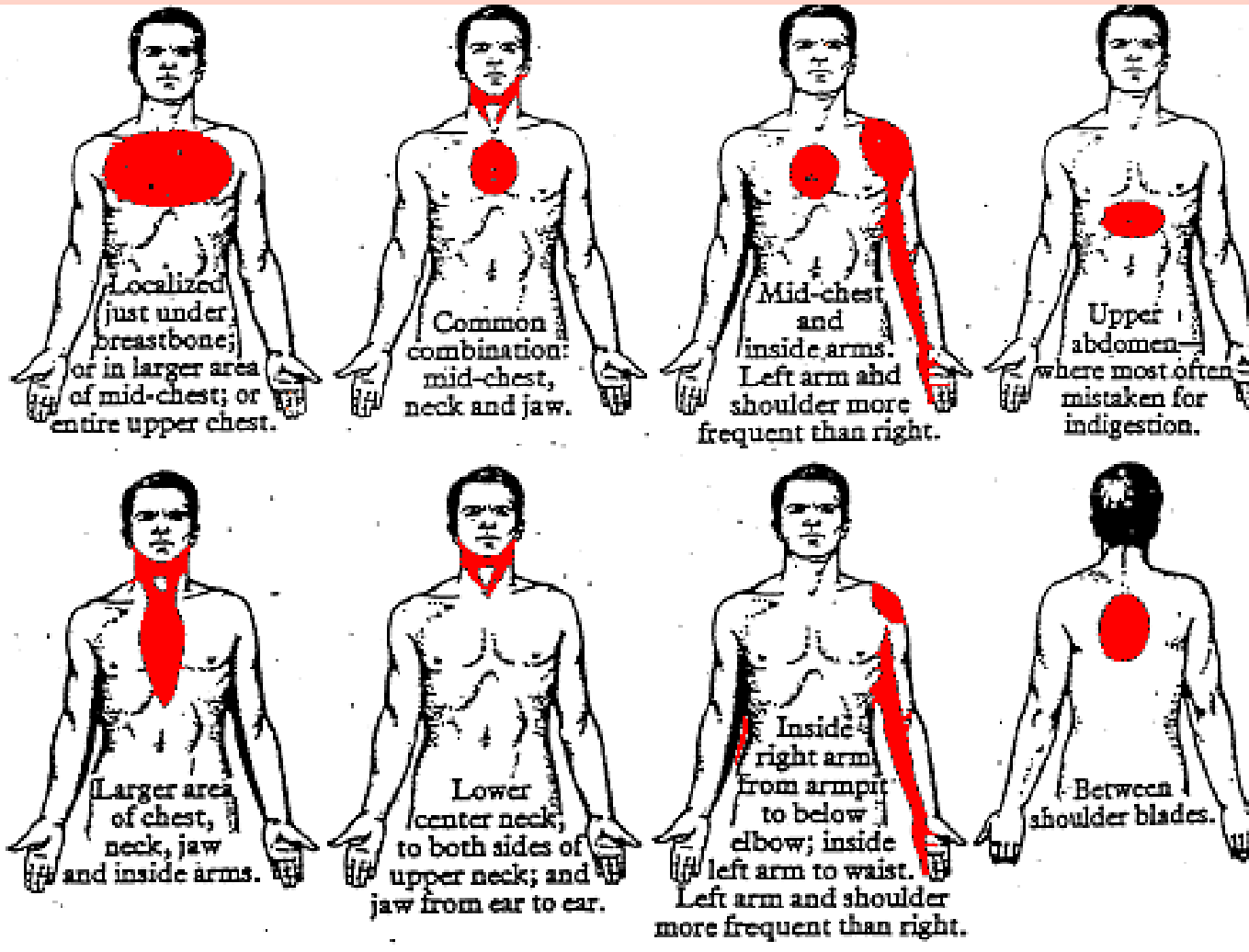


Listen to your  
heart!

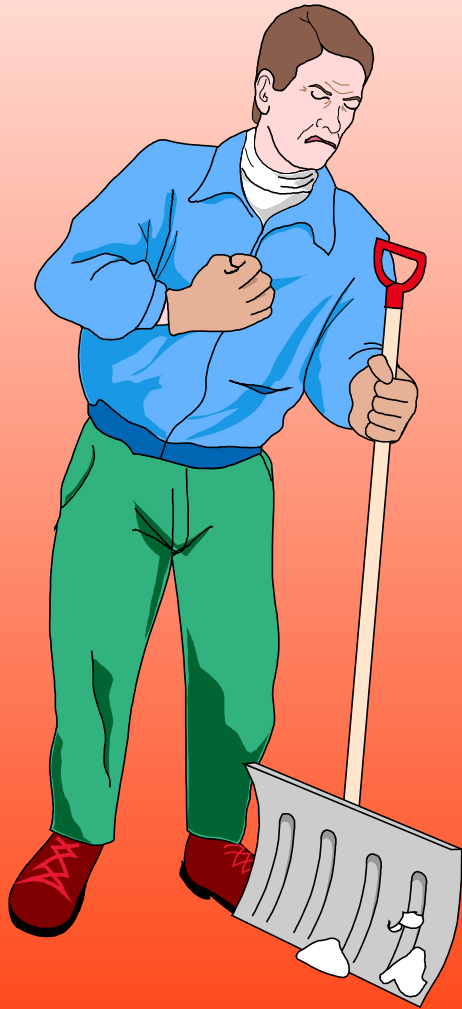
Act immediately!

*“I thought it was  
indigestion!”*

# Signs of a Heart Attack



# Other Heart Attack Early Warnings



- Difficulty in breathing
- Palpitations
- Nausea
- Vomiting
- Cold Sweat
- Paleness
- Weakness
- Anxiety

# *Emergency Action Plan for Person with Signal of Heart Attack*

## Person with coronary heart disease

- Recognize the signals of a heart attack
- Stop activity and sit or lie down
- Wait about **5 minutes** to see if the symptoms go away. If the pain persists:

## Person with coronary heart disease (on nitroglycerin)

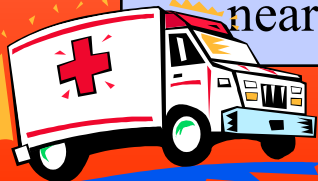
Recognize the signals of a heart attack

Stop activity and sit or lie down

Take 1 nitroglycerin tablet at a time at 3-5 minute intervals to maximum total dose of 3 tablets  
If pain persists:



Activate the “chain of survival” (911, EMS system, or local rescue unit) OR  
If no EMS system is available, take victim at once to the nearest hospital ER that offers 24 hour emergency care



# Entry into the EMS (Emergency Medical System)



Call

Tell the operator:

1. Location of the emergency
2. Your present telephone number
3. What happened
4. How many persons need help
5. Condition of the victim(s)
6. What is being done



Early treatment increases  
your chances of survival  
or full recovery!!!

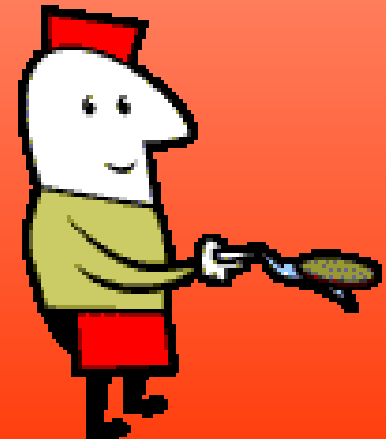
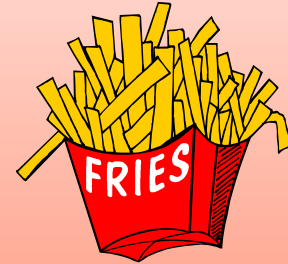
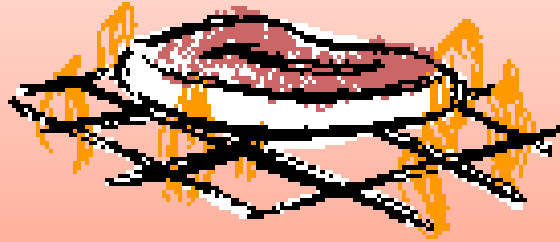
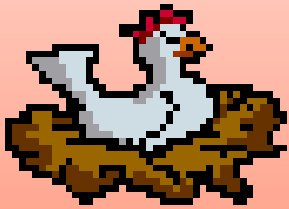
# TAKE CONTROL!

## Prudent Heart Living

- A lifestyle that minimizes the risk of future heart disease
- Stop Smoking!
- Control high blood pressure!!!
- Control diabetes
- Eliminate obesity
- Exercise!!



# Foods to Limit



# Foods to Include Daily!

