



## CITY OF MISSION HEALTH TRAINING SERIES

Topic: **HEART DISEASE AWARENESS**

Date: **Thursday, February 24, 2011**

Time: **3:30pm—4:30pm**

Location: **City Hall - Council Chambers**

Speaker: **Dr. Frank Mazzola, Electro Cardiology Specialist**



### Definition

Heart disease is a broad term used to describe a range of diseases that affect your heart, and in some cases, your blood vessels. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects).

The term "heart disease" is often used interchangeably with "cardiovascular disease" - a term that generally refers to conditions that involve narrowed or block blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm also are considered forms of heart disease.

Heart disease is the No. 1 worldwide killer of men and women, including in the United States. For example, heart disease is responsible for 40% of all the deaths in the United States, more than all forms of cancer combined. Many forms of heart disease can be prevented or treated with healthy lifestyle choices and diet and exercise.

### Symptoms

Heart disease symptoms vary, depending on what type of heart disease you have:

- Chest pain, shortness of breath, pain, numbness, weakness, coldness, swelling, lightheadedness, dizziness, fainting

### When to see a doctor

- Heart disease is easier to treat when it's detected early, so talk to your doctor about any concerns you have about your heart health. If you don't have heart disease, but are concerned about developing heart disease, talk to your doctor about steps you can take to reduce your health disease risk.

### Causes

While cardiovascular disease can refer to many different types of heart or blood vessel problems, the term is often used to mean damage caused to your heart or blood vessels by atherosclerosis, a buildup of fatty plaques in your arteries. This is a disease that affects your arteries. Arteries are blood vessels that carry oxygen & nutrients from your heart to the rest of your body. Healthy arteries are flexible and strong.

### Risk Factors

- ♥ Age, sex, family history, smoking, poor diet, obesity, physical inactivity, high stress, poor hygiene
- ♥ High blood pressure, high blood cholesterol levels, diabetes

### Treatment and Drugs

Heart disease treatments vary. You may need lifestyle changes, medications, surgery or other medical procedures as part of your treatment.

### Lifestyle and Home Remedies

Certain types of heart disease, such as heart defects, can't be prevented. However, you can help prevent many other types of heart disease by making the same lifestyle changes that can improve your heart disease, such as by:

- ♥ Not smoking
- ♥ Controlling conditions such as high blood pressure, high cholesterol and diabetes
- ♥ Staying physically active
- ♥ Eating healthy foods
- ♥ Maintaining a healthy weight
- ♥ Reducing and managing stress
- ♥ Practicing good hygiene

— Refreshments will be served —

The Human Resources Department with Mission Regional Medical Center will be hosting health training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves.

**Our mission is to promote health awareness and to encourage healthy lifestyles.**