

# Heart Disease

- Also known as **cardiovascular disease**, heart disease is the number one killer for males and females in the African American population.
- African Americans are more likely to die of heart disease than any other race in the United States.
- The number of African Americans with high blood pressure in the United States the highest in the world.
- 46% of African American men and 57% of African American women are sedentary and get no physical activity on a regular basis. This is a major risk for developing heart disease.

What is A...

**Stroke** is a loss of the blood flow to the brain. Causing part of the brain to die.

**Heart attack** is a loss of blood flow to the heart causing part of the heart to die.

**Atherosclerosis** is the build up of plaque on the walls of the arteries. Over time this can cause heart attack or stroke.

**Plaque** is a waxy substance that forms on the walls of arteries.



Risk Factors you can control:

**Cigarette Smoking**  
**High Blood Pressure**  
**High Cholesterol**  
**Physical Inactivity**  
**Obesity and Overweight**  
**Diabetes**

Risk Factors you can't control:

Age  
 Gender  
 Heredity  
 Prior Stroke or Heart Attack  
 Long Term HAART treatment.

What Can I Do?

**Eat a rainbow on your plate.**

**Eat a low fat diet.** Include low fat dairy foods, meats and snacks.

**Focus on fruits and vegetables.**

**Choose fish (at least 3 times a week) and choose lean cuts of meat.**

**Read food labels:** Choose foods with no saturated or trans fats.

**Eat more fiber.** Fiber is found in fruits, vegetables, and whole grain breads and cereals.

**Choose foods that are low in Sodium!**

**Exercise daily!** 30 minutes of moderate exercise can decrease your risk of heart disease.

**Achieve and maintain a healthy body weight!**



Warning Signs

Stroke :

- ⇒ Sudden numbness or weakness in the face, arms, or legs.
- ⇒ Sudden confusion or trouble speaking.
- ⇒ Trouble seeing out of both eyes.
- ⇒ Dizziness and trouble walking.

Heart Attack

- ⇒ Uncomfortable pressure squeezing or fullness that goes away and comes back a bit later.
- ⇒ Pain or discomfort in the arms, back, neck, jaw or stomach.
- ⇒ Shortness of breath
- ⇒ Breaking out into a cold sweat, with nausea or lightheadedness.

