



MAFES Dawg Tracks

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Safety Tips: Heart Attack



Heart disease is the nation's leading killer, claiming nearly 2,400 Americans per day. An estimated 80.7 million adults - or one in three - in the United States have cardiovascular disease. Also, according to the Center for Disease Control (CDC), in 2006 631,000 people died from heart disease, which is 26% or 1 out of every 4 deaths. More than 50% were women. The CDC also estimates that heart disease will cost the U.S., in 2010, 316.4 billion dollars in health care services, medications, and lost productivity.

What is a heart attack? - A heart attack occurs when the blood supply to the heart is cut off. The blockage most commonly occurs when a clot forms on top of a fatty plaque (atherosclerosis or "hardening of the arteries") in one of the arteries that supplies blood and oxygen to the heart muscle. Rarely does a heart attack happen because of a severe coronary artery spasm. When the blood supply is cut off from a portion of the heart for more than a brief interval, that portion will no longer receive oxygen or nutrients to function and heart muscles in that region will begin to die. If a large amount of the heart muscle is injured, it can weaken the heart's function as a pump, ultimately leading to heart failure and/or death.

What should you do if you think you're having a heart attack?-

- ✓ Call 911 – These folks are trained professionals in their field. The victim should stop all physical activity, remain calm and follow the advice of the EMT dispatcher.
- ✓ If the victim is alert, they should chew and swallow an aspirin, assuming that they are advised by the EMT dispatcher and aren't allergic. It is generally preferable to wait for the EMTs rather than attempt to drive a victim to the hospital. A couple of valid reasons for this is that the EMTs will have AED equipment to assist in route to the hospital, and studies have shown that heart patients receive faster treatment once they enter the hospital when they arrive in an ambulance.
- ✓ If the victim is unconscious, call 911 immediately and begin CPR - follow the instructions from the EMT dispatcher.

Top Risk Factors of Heart Disease-

- ~Age 65 or older
- ~Family history of heart disease
- ~Excessive drinking
- ~High Cholesterol
- ~Obesity
- ~Poor nutrition or dietary habits
- ~Depression
- ~Diabetes
- ~High blood pressure
- ~High Stress
- ~Sedentary lifestyle
- ~Smoking

Unfamiliar Risk Factors-

By Gender:

- o Males are at greater risk than females and have them earlier in life.
- o Though the risk is lower, women are twice as likely to die after an attack, partly because they tend to be older when it happens.

- o More women than men have died from heart disease in the US every year since 1984. Women are more likely to be hospitalized than men for what's called "non-specific" chest pain, the term doctors use when they can't find a cause.

By racial or ethnic group-

- o African-Americans, particularly females, have a greater risk of developing high blood pressure and cardiovascular disease than Caucasians.
- o American Indians have the fastest growing incidence of heart disease of any racial or ethnic group in the U.S.
- o Mexican-Americans, native Hawaiians and Asian-Americans are at increased risk of heart disease, partly due to obesity and diabetes.

Top 5 Heart Attack Warning Signs For Your Awareness-

- Chest discomfort, such as pain, pressure, squeezing or fullness in the center of your chest, last more than a few minutes or going away and coming back.
- Discomfort elsewhere in the upper body, such as in the arms, back, neck, jaw or stomach.
- Lightheadedness
- Nausea
- Shortness of breath

Tips to Prevent a Heart Attack-

- ❖ Eat a healthy diet
- ❖ Engage in physical activity every day
- ❖ Limit alcohol
- ❖ Lower blood pressure to less than 120/80 mmHg
- ❖ Maintain a healthy weight
- ❖ Manage diabetes (diabetics are 2 to 4 times more likely than non-diabetics to develop cardiovascular disease).
- ❖ Reduce blood cholesterol to less than 200mg/dL.
- ❖ Reduce stress
- ❖ Stop smoking

Tips to Monitor your Health-

- Blood pressure
- Blood sugar levels
- Body Mass Index (BMI)
- Cholesterol levels (Total HDL, LDL, & Triglycerides)
- Waist circumference - A man with a waist over 40 inches and a woman with a waist more than 35 inches is considered high risk.

All the facts above were derived from the CDC and the UCSF health departments for your benefit and heart attack prevention.

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Excerpts: www.ucsfhealth.org
www.aceo.org
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&
BETTER DAYS WILL FOLLOW!!
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