Top 5 NEED TO KNOWS ABOUT HEART DISEASE

1. Cardiovascular disease starts in your teens and 20's.

19% of men and 26% of women over age 45 die within 1 year of having their first heart attack.

2. During a heart attack, over 70% of women have flu-like symptoms and NO chest pain at all!

We only need 10 minutes of brisk exercise a day to reduce heart attack risk by nearly 50%. Thirty minutes cuts the risk by 75%.

3. The recommendations emphasize the importance of team-based care, shared decision-making and social determinants of health to improve cardiovascular disease prevention.

People with diabetes are 2 to 4 times more likely than others to develop cardiovascular disease.

4. Using upper arm blood pressure monitors are recommended for accuracy of measurement.

A practice found by using self-measured blood pressure monitoring (SMBP) increased the blood pressure control rate for its patients from 83.4% to 94.9% in 1 year.

5. Monitor postpartum patients for warning signs of high blood pressure or post birth preeclampsia.

About 1,000 to 1,300 women in the U.S. each year develop pericardium cardiomyopathy.

Sources for Top 5
4. https://www.preventacreta.org/postbirth
5. https://www.cdc.gov/heartdisease/about.htm

647,000 Americans die from heart disease each year

CARDIOVASCULAR DISEASE STARTS IN YOUR TEENS AND 20’S.

19% of men and 26% of women over age 45 die within 1 year of having their first heart attack.

DURING A HEART ATTACK, OVER 70% OF WOMEN HAVE FLU-LIKE SYMPTOMS AND NO CHEST PAIN AT ALL!

THE RECOMMENDATIONS EMPHASIZE THE IMPORTANCE OF TEAM-BASED CARE, SHARED DECISION-MAKING AND SOCIAL DETERMINANTS OF HEALTH TO IMPROVE CARDIOVASCULAR DISEASE PREVENTION.

USING UPPER ARM BLOOD PRESSURE MONITORS ARE RECOMMENDED FOR ACCURACY OF MEASUREMENT.

MONITOR POSTPARTUM PATIENTS FOR WARNING SIGNS OF HIGH BLOOD PRESSURE OR POST BIRTH PREECLAMPSIA.

ABOUT 1,000 TO 1,300 WOMEN IN THE U.S. EACH YEAR DEVELOP PERICARDIUM CARDIOMYPATHY.