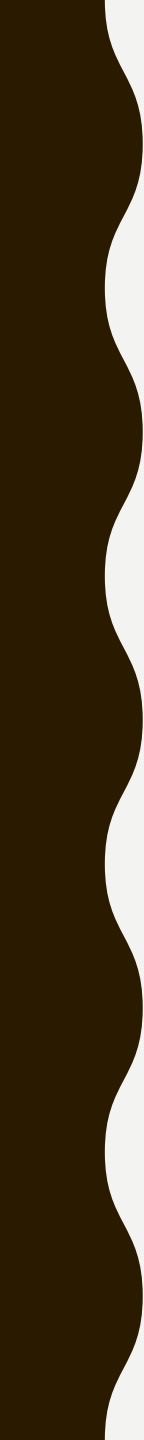



I HEALTHY HEARTS

**KITTY MAHONEY RN, BSN, MS
CHIEF PUBLIC HEALTH NURSE
CITY OF FRAMINGHAM**

- 
- 
- Slide Presentation
 - Folder Handouts
 - Question & Answers
 - Blood Pressures

NUMBERS

- Age
- Weight
- Blood sugar
- Blood pressure (top number)
- Blood pressure (bottom number)
- Total Cholesterol level and
 - LDL Cholesterol, - HDL, - Triglycerides
- Activity Levels (Minutes/Day or Hours/Week)
- Food labels (Sodium, Sugar, Fats and Types of fats!)



**WHICH
NUMBERS?**

In Clinical Screenings:

1. Blood Pressure

2. Breast Cancer

3. Cholesterol

4. Colorectal

5. CAD Risk

6. Dental

7. Diabetes

8. Hearing

9. Osteoporosis

10. Pap

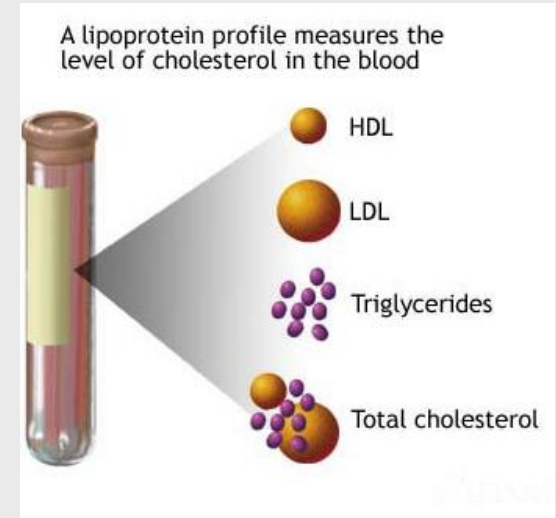
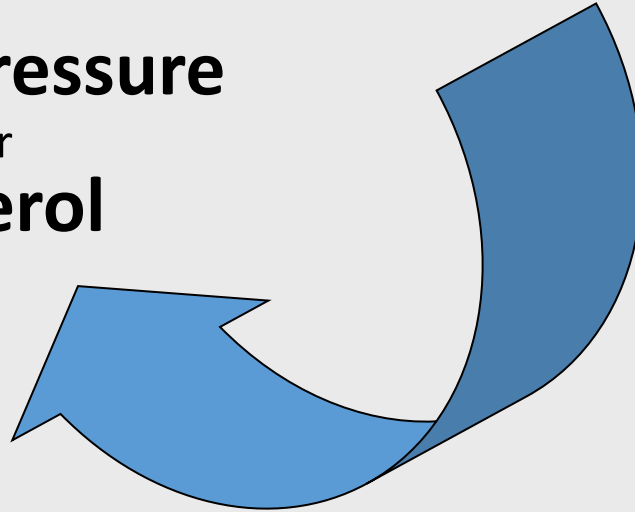
11. Prostate

12. STD's

13. Thyroid

14. TB

15. Vision / Glaucoma



#1 and # 3 in Tests for Early Disease Detection

What is within our “control”?



Physical Exercise



Alcohol Use

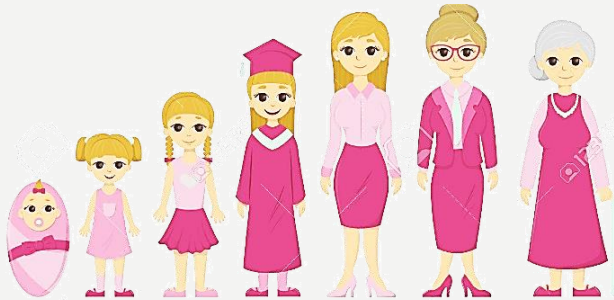


Healthy Diet

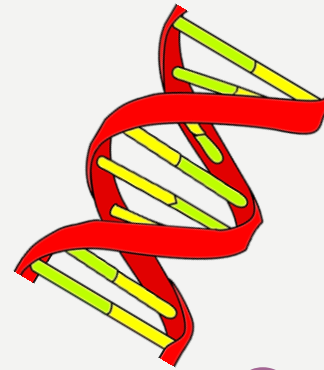


Don't Smoke or Quit

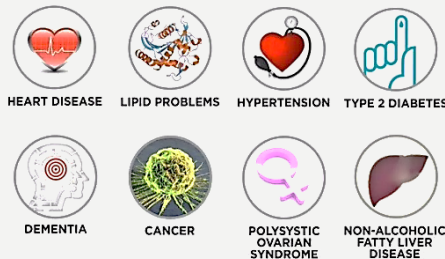
“What is out of our control”



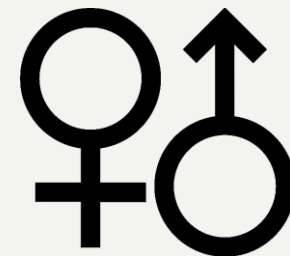
Age



Genetics, Family
History and
Gender



Metabolic Disorders



THE “D” WORD

FOODS THAT ARE GOOD FOR YOUR HEART!

- ***Fruits*** and ***vegetables***, and foods rich in fiber and Omega-3 fatty acids.
- ***Soluble Fiber***
- You probably think of fiber as good for digestion, but it's also an important component of a heart healthy diet. Eating soluble fiber can help lower your cholesterol level and better manage blood sugar levels!
 - Oats
 - Beans
 - Berries
 - Ground flaxseed

WHY IS LDL BAD?

- LDL is low density lipoprotein
- LDL is a component of cholesterol
- It is fat like substance.
- Fats can store up in your body; the inner walls of arteries.
- Excessive plaque deposits can impede blood flow, cause a clot, block blood flow and cause a heart attack or stroke.

WHY IS HDL GOOD?

- HDL is a High Density Lipoprotein
- HDL is a component of cholesterol
- It is a fat carrier.
- HDL carries harmful cholesterol away from the arteries.
- HDL levels improve with moderate alcohol consumption.

**Which would you rather have
a cholesterol test or a final exam?**



THE “E” WORD

GOALS

Start somewhere!

Talk with your doctor about health issues before starting any exercise program.

A Simple ***Walking*** Goal

- Begin and end with a slow pace.
- Brisk walking in between.
- You can not run the Boston Marathon after two weeks.
- See handout for a Walking Goal Chart

STICK TO IT!

Choose an activity that will be easier for you:

- If you have arthritis, choose swimming.
- Get a partner
- Vary your routine- go from walking to dancing!
- Choose a comfortable time of day.
- Make it FUN!
- Always stretch and warm up!

TYPES OF EXERCISE

- Walking (safe, easy and cheap!)
- Jogging
- Running
- Dancing
- Bicycle
- Rowing
- Swimming

Seniors: May do wall push-ups, chair squats, biceps curl and shoulder shrugs.

“Yes. No. I don’t know.”

BENEFITS OF EXERCISE

- Lowers your risk of
 - CAD, HTN, diabetes, obesity and osteoporosis
- Increases your flexibility
- Relieves depression
- Increases energy and endurance
- Improved sleep cycle
- Increased metabolism



THE “M” WORD

MEDICATION / MEDITATION

If you have been prescribed medication for blood pressure or cholesterol, diabetes, thyroid, daily aspirin.. .

- Take your medication AS PRESCRIBED
- Call your doctor if you are having side effects.
- Do NOT stop taking your medication unless you have been directed to do so.
- Stress reducing activities such as laughing, yoga, reading or listening to your favorite music genre.

EXERCISE, DIET AND MEDICATION AND....

- Knowing the signs of STROKE can help you/your loved one by acting F.A.S.T.
- Lets watch a short (3 minute) clip on STROKE.



**LETS SEE WHAT IS IN
THE BLUE FOLDERS!**

Wrap up:

- **Get screenings for cholesterol and blood pressure**
- **Manage your blood pressure**
- **Lower your blood sugar**
- **Eat better**
- **Control your cholesterol**
- **Get active**
- **Loose weight if you need to**
- **Ask your doctor if a daily aspirin would be advised for you.**

QUESTIONS?