

Matters of the Heart

Take Heart Alaska's Quarterly Newsletter

February 2013 Vol. 5, Issue 1



February is American Heart Month

The leading cause of death in the United States is heart disease. For this reason, the Congress has requested in 1963 that the President issue an annual proclamation designating February as "American Heart Month" in order to promote heart disease awareness. According to data from the Centers for Disease Control and Prevention, one in every four deaths is from heart disease and stroke, which amounts to about 600,000 fatalities each year. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.¹

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.²

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year.¹ This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The risk factors that can lead to heart disease include high blood pressure, high cholesterol, obesity, physical inactivity, diabetes and smoking. Other modifiable factors that contribute to heart disease risk are stress, and alcohol consumption. The chance of developing coronary heart disease can be reduced by controlling these factors.

In 2011 nearly \$600 million was spent on hospitalizations in Alaska due to heart disease and stroke.³

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Take Heart Alaska

Alaska's Cardiovascular
Health Coalition

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Committee Minutes

Click to link to documents....

[Steering Committee](#)

[Healthy Lifestyles Committee](#)

[Alaskans Promoting Physical Activity \(APPA\) Subcommittee](#)

[Eat Smart Alaska Subcommittee](#)

[Public Education Committee](#)

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, or loss of balance or coordination;
- Sudden severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the EMS number in your area so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot busting drug can reduce long-term disability for the most common type of stroke.

Go Red for Women

2013 marks the 10th anniversary of the "[Go Red for Women](#)" campaign that works to educate Americans about the specific risk factors and signs of heart attack and stroke for women.

In 2003, the National Heart, Lung and Blood Institute (NHLBI), the AHA and other organizations committed to women's health joined together to raise awareness of [women and heart disease](#). The NHLBI introduced the red dress as a national symbol for women and heart disease awareness and the AHA adopted this symbol to create synergy among all organizations committed to fighting this cause.

The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to [know their risk](#) for heart disease and [take action](#) to reduce their personal risk. It also gives them the tools they need to lead a [heart healthy life](#).

Take a few minutes and watch [Just a Little Heart Attack](#) by Elizabeth Banks— and take care of yourself.

Million Hearts™

The [Million Hearts™](#) is a national initiative to prevent 1 million heart attacks and strokes over five years. Million Hearts™ brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

Partners can use the resources in the [Million Hearts Partners Toolkit](#) to expand their existing heart disease and stroke prevention programs and to recruit others to improve clinical preventive practice and community prevention.

Million Hearts™ Blood Pressure Toolkit

Blood pressure control is critical to preventing heart attacks and strokes. The Million Hearts Blood Pressure Toolkit was designed to be used with patients to help address high blood pressure in your clinics and communities.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

Chest discomfort—Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body—Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath—This may occur with or without chest discomfort.

Other signs—These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you're with has any of these symptoms, call 9-1-1 immediately. Don't wait longer than five minutes before calling for help. You need to get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment!

American Heart Month

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The past year yielded several important research studies on the topic of cardiovascular health, treatment and prevention that now show:

- Longer CPR attempt times may increase survival rate for in-hospital cardiac arrest.
- Cardiac arrest victims who are rescued by two or more people have a greater chance for survival.
- Family history of premature cardiovascular death may serve as a strong indicator of an individual's risk for developing cardiovascular disease.
- Diet and exercise programs resulting in weight loss may not reduce the risk of cardiovascular disease in patients with longstanding type 2 diabetes.

1. Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Borden WB, et al. Heart disease and stroke statistics—2013 update: a report from the American Heart Association. *Circulation*. 2013;127(1):e6-e245.
2. Centers for Disease Control and Prevention website: <http://www.cdc.gov/features/heartmonth/>
3. The Burden of Heart Disease and Stroke: Mortality, Morbidity, and Risk Factors. Source: Alaska State Hospital and Nursing Home Association 2011 Discharge Data.

Heart Month Resources

[Animation of a Heart Attack](#)

[Heart Attack Risk Calculator](#)

[Interactive Cardiovascular Library](#) - Illustrations and animations about a variety of conditions, treatments, and procedures related to heart disease and stroke.

[High Blood Pressure Health Risk Calculator](#) [Can You Recognize a Heart Attack? Quiz](#)

[Printable Heart Attack Information Sheets](#)

[Heart Attack Questions and Answers](#)

[All About Cholesterol](#)

[All About High Blood Pressure](#)

[Heart Disease and Diabetes](#)



Heart Disease & Stroke Resources

National Resources

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

Centers for Disease Control and Prevention

For more information, go to:

<http://www.cdc.gov/chronicdisease/>

<http://www.cdc.gov/dhdsp/>

<http://www.cdc.gov/stroke/>

<http://www.cdc.gov/heartdisease/>

<http://www.cdc.gov/bloodpressure/>

<http://www.cdc.gov/cholesterol/>

<http://www.cdc.gov/salt/>

<http://www.cdc.gov/WISEWOMAN/>

<http://millionhearts.hhs.gov/>

Mission

The mission of the NCCDPHP is to lead efforts that promote health and well-being through prevention and control of chronic diseases.

NCCDPHP supports a variety of activities that improve the nation's health by preventing chronic diseases and their risk factors. Program activities include one or more of our major functions: supporting states' implementation of public health programs; public health surveillance; translation research; and developing tools and resources for stakeholders at the national, state and community levels.

National Association of Chronic Disease Directors (NACDD)

Centers for Disease Control and Prevention

www.chronicdisease.org

NACDD is a national public health association founded in 1988 to link the chronic disease program directors of each U.S. state and U.S. territory to provide a national forum for chronic disease prevention and control efforts. Since its founding, NACDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and associated risk factors.

State of Alaska Chronic Disease Prevention Programs and Program Resources

Alaska Heart Disease and Stroke Prevention Program

<http://www.hss.state.ak.us/dph/chronic/chp/default.htm>

The goal of Alaska's Heart Disease and Stroke Prevention Program is to maintain and build the state's capacity to improve the cardiovascular and cerebrovascular health of all Alaskans.

Alaska Chronic Disease Prevention and Health Promotion Section

<http://www.hss.state.ak.us/dph/chronic/default.htm>

The Section of Chronic Disease Prevention and Health Promotion seeks to improve the health and well being of all Alaskans.

Alaska Behavioral Risk Factor Surveillance System (BRFSS)

<http://www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm>

The Alaska Behavioral Risk Factor Surveillance System (BRFSS) working with the National Centers for Disease Control and Prevention (CDC), gathers information about the health related lifestyle choices of Alaskan adults. Each year, results are analyzed to improve the understanding of health habits and measure progress towards health objectives at the state and national level.

Alaska Diabetes Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/diabetes/default.htm>

The Diabetes Prevention and Control Program's efforts to reduce the burden of diabetes in Alaska are consistent with national strategies and place special emphasis on communities and populations at risk for diabetes.

Alaska Obesity Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/obesity/default.htm>

The Obesity Prevention and Control Program's mission is to prevent and reduce obesity among Alaskans through the promotion of physical activity and good nutrition.

Alaska Tobacco Prevention and Control Program

www.hss.state.ak.us/dph/chronic/tobacco/default.htm

The mission of the Alaska Tobacco Prevention and Control Program is to provide leadership, coordinate resources, and promote efforts that support Alaskans in living healthy and tobacco-free lives.