FEBRUARY 2022: BLACK HEALTH & WELLNESS

BLACK HISTORY MONTH
The Power of the Body and Mind on Heart Health in the Black Community

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Objectives

01 Review the cardiovascular system

02 Review facts and statistics on heart health in the Black Community

03 Review the impact of the mind and mental health on the heart

04 Discuss screening measures for heart health

05 Identify methods to improve heart health
What do blood pressure numbers mean?

Blood pressure is measured using two numbers: the systolic and diastolic

Blood pressure range: 90/60 to 140/90

A normal blood pressure level is less than 120/80 mmHg.
What are the common conditions and disorders that affect the cardiovascular system?

Common cardiovascular problems include these heart problems:
- Arrhythmia (abnormal heart rhythm).
- Heart attack.
- Heart valves that don’t work right.
- Heart failure (weakness in the ability of your heart to pump).

Other cardiovascular problems happen in your blood vessels:
- Aneurysm
- Stroke
- Atherosclerosis (plaque buildup in the arteries).
- Vascular diseases (diseases involving blood vessels).
Cardiovascular disease and Blood Pressure

High blood pressure (BP) is one of the most important risk factors for cardiovascular disease (CVD), which is the leading cause of mortality.

Approximately 54% of strokes and 47% of coronary heart diseases, worldwide, are attributable to high BP.
High BP is an important risk factor for:
- Heart attack
- Stroke
- Higher risk for Chronic Kidney disease
What are some common signs or symptoms of cardiovascular system conditions?
STROKE SYMPTOMS
WOMEN VS. MEN

WOMEN
- Face drooping
- Arm weakness
- Speech difficulty
- Vision problems
- Trouble walking or lack of coordination
- Severe headache without a known cause
- General weakness
- Disorientation & confusion or memory problems
- Fatigue
- Nausea or vomiting

MEN
- Face drooping
- Arm weakness
- Speech difficulty
- Vision problems
- Trouble walking or lack of coordination
- Severe headache without a known cause

IS IT A STROKE? BE FAST!

BALANCE difficulties  EYESIGHT changes  FACE weakness  ARM weakness  SPEECH difficulties  TIME call 911
Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.\(^1\)

One person dies every 36 seconds in the United States from cardiovascular disease.\(^1\)

About 659,000 people in the United States die from heart disease each year—that’s 1 in every 4 deaths.\(^2\)

Heart disease costs the United States about $363 billion each year from 2016 to 2017.\(^2\) This includes the cost of health care services, medicines, and lost productivity due to death.

Coronary heart disease is the most common type of heart disease, killing 360,900 people in 2019.\(^4\)

About 18.2 million adults age 20 and older have CAD (about 6.7%).\(^3\)

About 2 in 10 deaths from CAD happen in adults less than 65 years old.\(^4\)

In the United States, someone has a heart attack every 40 seconds.\(^3\)

Every year, about 805,000 people in the United States have a heart attack.\(^3\) Of these,

- 605,000 are a first heart attack\(^3\)
- 200,000 happen to people who have already had a heart attack\(^3\)
- About 1 in 5 heart attacks is silent—the damage is done, but the person is not aware of it.\(^3\)
<table>
<thead>
<tr>
<th>Race of Ethnic Group</th>
<th>% of Deaths</th>
<th>Men, %</th>
<th>Women, %</th>
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<tbody>
<tr>
<td>American Indian or Alaska Native</td>
<td>18.3</td>
<td>19.4</td>
<td>17.0</td>
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<tr>
<td>Asian American or Pacific Islander</td>
<td>21.4</td>
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<tr>
<td>Black (Non-Hispanic)</td>
<td>23.5</td>
<td>23.9</td>
<td>23.1</td>
</tr>
<tr>
<td>White (Non-Hispanic)</td>
<td>23.7</td>
<td>24.9</td>
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</tr>
<tr>
<td>Hispanic</td>
<td>20.3</td>
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</tr>
<tr>
<td>All</td>
<td>23.4</td>
<td>24.4</td>
<td>22.3</td>
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Possible physiological pathways include pain, fear, increased cardiac reactivity, reduced blood flow to the heart, and increased cortisol.

Possible behavioral pathways include medication non-adherence, smoking, and physical inactivity.

Anxiety, depression, chronic stress, post traumatic stress disorder, stroke, heart failure, cardiovascular disease, metabolic disease, coronary artery calcification, heart attack.
Effects of Stress on Body

**Brain and Nerves:** Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)

**Heart:** Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack

**Stomach:** Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite

**Pancreas:** Increased risk of diabetes

**Intestines:** Diarrhea, constipation and other digestive problems

**Reproductive Organs:** For women: irregular or painful periods, reduced sexual desire. For men: impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)
Substance Use and Heart Health

**Alcohol:** Heavy alcohol drinking can have been linked to hypertension, cardiac arrhythmias, and cardiomyopathy.

**Cocaine:** Can lead to hypertension, myocardial ischemia, tachycardia

**Amphetamines:** Has been linked to hypertension, cardiac arrhythmias,

**Opioids:** Can lead to bradycardia, hypotension, endocarditis

**Cannabis:** Tachycardia or bradycardia
Screening
ACT ON YOUR FAMILY HISTORY OF HEART ATTACKS

Do you have a family history of early health attacks?

If your father, mother, brother, or sister had a heart attack before age 50

Your risk of heart disease, heart attack, and stroke is increased

Are you heart healthy?

Many with a family history of early heart attacks also

- Are overweight/have obesity
- Smoke
- Are not physically active
- Not choosing healthy foods and drinks
- Have high cholesterol
- Have high blood pressure
- Have diabetes

Take steps to prevent heart disease

Talk to your doctor about

✓ Your family history of early heart attacks

Improve your heart health through

✓ Healthy living habits
✓ Treating or preventing medical conditions

Diagnosing Heart Disease

- A Physical Exam
- Echocardiogram (ultrasound of heart)
- Imaging: Chest X-ray, CT Scan
- Exercise Stress Test (or treadmill)
- An Electrocardiogram (ECG or EKG) - a medical device that makes a graphical record of the heart's electrical activity.
- Blood tests
- Cardiac Catheterization
7 STEPS TO A HEALTHIER HEART

You don’t have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

1. **Live smoke-free.** If you smoke, quit.
2. **Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
3. **Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
4. **Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
5. **Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
6. **Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
7. **Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.
What can I do to prevent or manage high blood pressure?

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress
How do I control my BP?

• I enjoy hiking!

• Hiking helps me control my weight and manage my stress

• Best of all – it is free!! No GYM fee
Meet up groups in CT

- Hartford Area Hiking
- Appalachian Mountain Club (AMC)
- Hikerbabes, Northern CT Chapter
- Walking/Hiking with Friends
- CT Day Trippers
- Chicken Legs II ($5.00 membership fee)