

Heart Disease and Stroke

Your Guide to Prevention and Care



706-509-6700
Floyd.org/Heart

 **Atrium Health**
Floyd



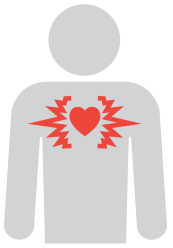
Why should I be worried about getting heart disease or having a stroke?

According to the American Heart Association, heart disease is the No. 1 cause of death in the United States. That's why it's important to make healthy lifestyle choices, focus on prevention and get the care that your heart needs.

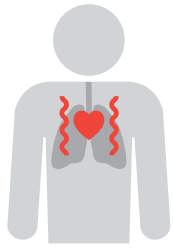
Stroke is the fourth-leading cause of death in the U.S. and the leading cause of serious, long-term disability. A stroke can happen to anyone. However, if you are over age 55, have high blood pressure, high cholesterol, diabetes, heart disease, smoke or are African American, you are at an increased risk for a stroke.

If you think you may have a heart issue or a problem related to your heart health, please don't hesitate to reach out. Our experienced heart team is here with the support and quality care you need.

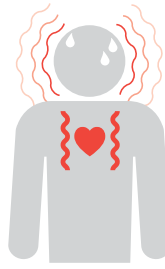
What are the signs of a heart attack? What should I do?



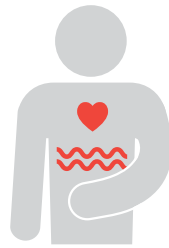
Uncomfortable pressure, fullness, squeezing, or pain in the center of chest



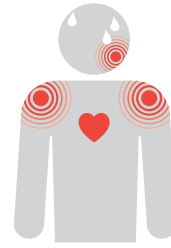
Chest discomfort with difficulty breathing



Chest discomfort with light-headedness, fainting or sweating



Chest discomfort with nausea



Unusual symptoms: jaw pain, pain across the shoulders, cold sweat or fatigue

Any of these symptoms could be experienced with or **without** chest pain.

If you think you or someone else is having a heart attack, **call 911** immediately.

Did You Know?

When women have a heart attack, they are somewhat more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain.

They also may not experience chest pressure.

What are the signs of a stroke? What should I do?

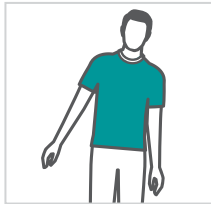
Recognizing the signs and calling 911 quickly gives the best chance of avoiding brain damage and its long-term effects. "FAST" is an easy way to remember and identify the most common symptoms of a stroke.



F

FACE

Ask the person to smile. Does one side of the face droop?



A

ARM

Ask the person to raise both arms. Does one arm drift downward?



S

SPEECH

Ask the person to speak a simple sentence. Does the speech sound slurred or strange?



T

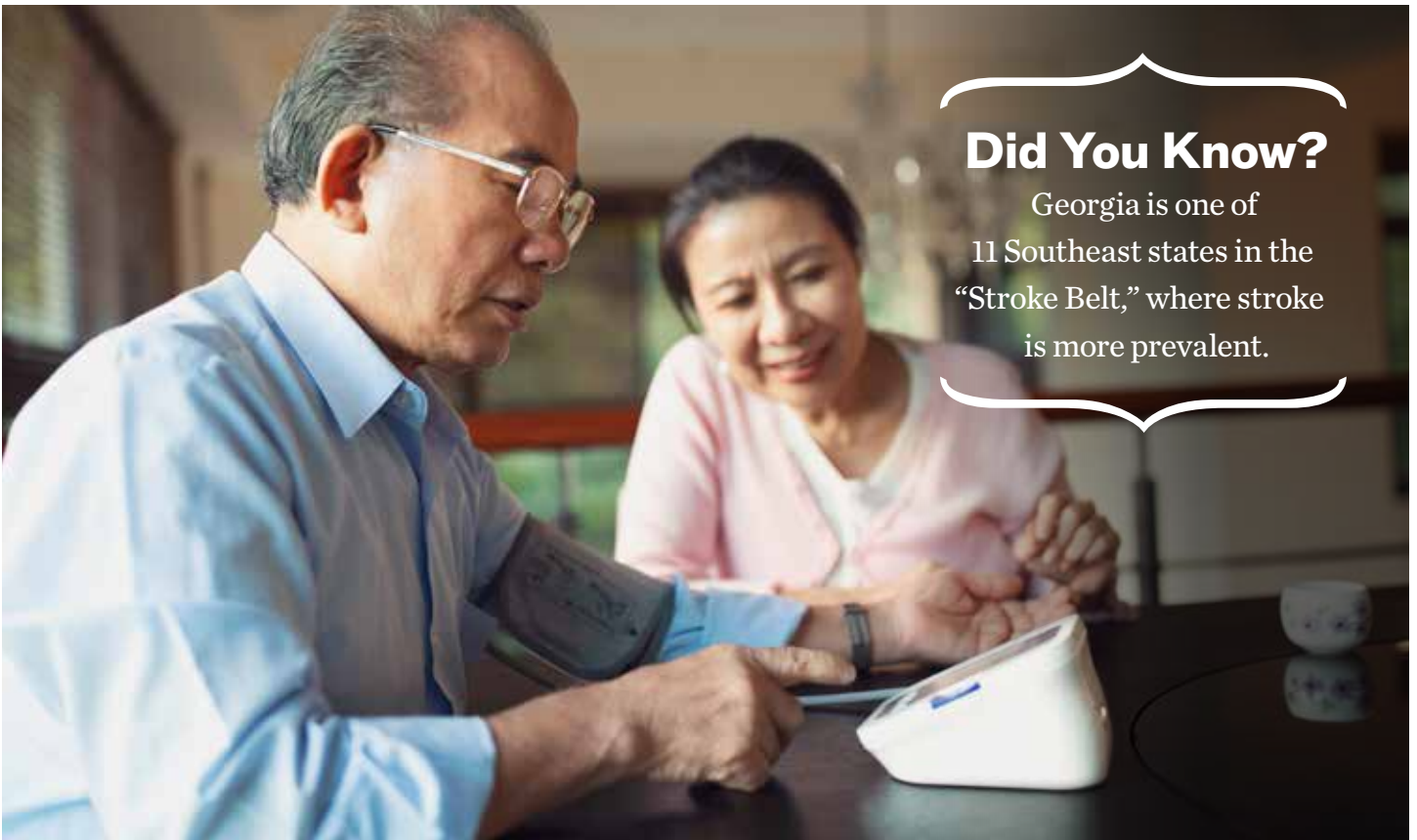
TIME

to call 911. If you observe any of these signs, call 911 right away.

Also look for:

- 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.

Treatment for a stroke must begin within **3 to 4.5 hours** from the time the first symptoms appear. The faster the treatment, the better chance of a good outcome.



Did You Know?

Georgia is one of 11 Southeast states in the "Stroke Belt," where stroke is more prevalent.



Did You Know?

Diabetes is a major risk factor for stroke and heart disease. Controlling your blood glucose levels, working with your health care team and developing healthy lifestyle changes can reduce your risk.

How can I manage my heart disease and stroke risk factors?

According to the American Heart Association, there are some risks you cannot control. The good news is that there are many you can.

Risk factors you cannot control:

- Age
- Gender
- Family history
- Race
- Previous stroke or heart attack

Risk factors you can control:

- Blood pressure
- Cholesterol
- Tobacco use
- Regular physical activity
- Weight
- Diabetes

What are my heart-healthy numbers?

Knowing your heart-healthy numbers will help you spot early warning signs of heart disease and stroke. Your primary care doctor or cardiologist can help you manage these important numbers.

Know your numbers

- Blood pressure: Below 140/90 mm HG
- Cholesterol
 - » LDL: Lower than 130/70-100 (for high-risk individuals)
 - » HDL: 40 or higher
 - » Triglycerides: Under 150
- Blood sugar: 100 mg/dL (fasting)
- Body mass index (BMI): Lower than 30 (obese)
- Waist size
 - » Men: Smaller than 40 inches
 - » Women: Smaller than 35 inches

Weight can affect your heart disease and stroke risk. Speak to your doctor about weight management options centered around your lifestyle and weight loss goals.

What are some of the most common heart conditions? How are they treated?

Atrium Health Floyd offers comprehensive diagnosis and treatment for a wide-range of heart and vascular conditions, from the simple to the complex. For some patients, medical management and lifestyle changes may be an effective alternative to surgery. In other cases, more invasive treatment may be needed.

Common conditions we treat include:

Aneurysms occur when an artery's wall weakens and a bulge in the artery appears. If this bulge ruptures, it will cause internal bleeding. Aneurysms can develop slowly over several years, but they can also be sudden and a serious health risk.

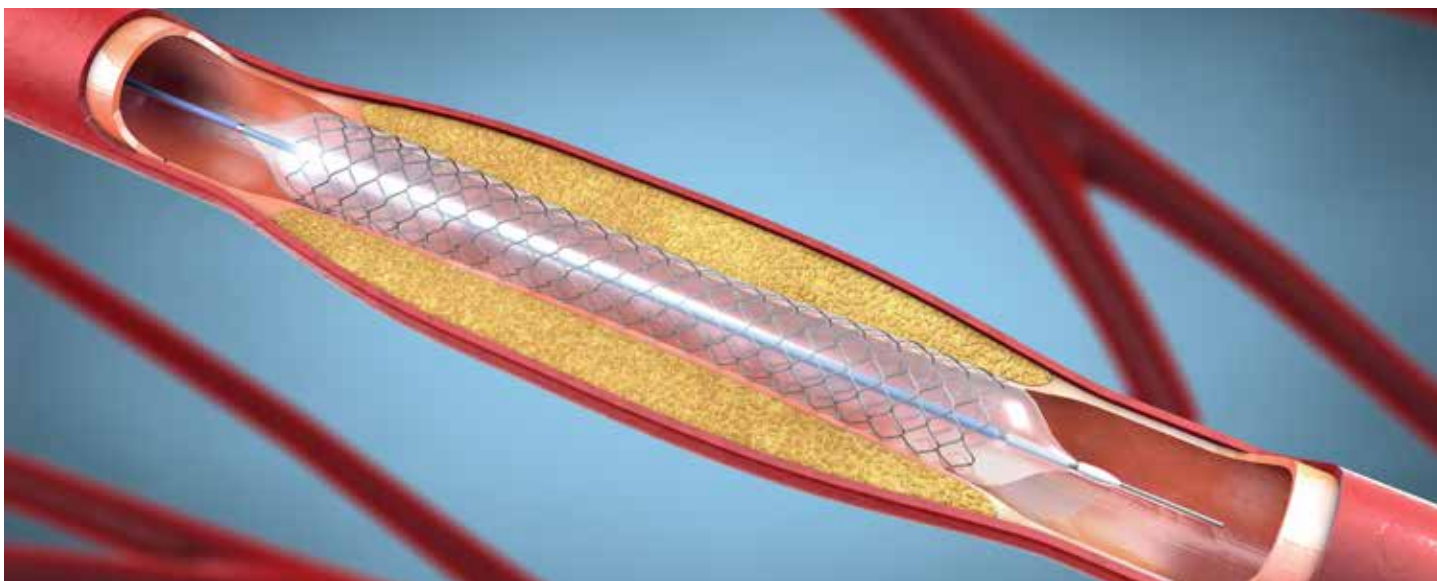
Angina is chest pain or discomfort that occurs when your heart is not getting enough oxygen-rich blood. This is often a sign of some other underlying cardiovascular disease, such as coronary artery disease, that can lead to a heart attack. Angina can be either stable or unstable (most concerning).

Arrhythmia is an abnormal heart rhythm. This includes any rhythm of the heart that deviates from normal, such as:

- Atrial fibrillation
- Tachycardia (fast heart rate)
- Bradycardia (slow heart rate)
- Ventricular tachycardia (VTach/VT)
- Ventricular fibrillation (VFib/VF)
- Atrial flutter

Atrial fibrillation (AF or AFib), the leading cause of stroke, is an abnormal, rapid, irregular beating of the atria (top chambers of your heart).

Cardiomyopathy is a condition in which the heart muscle is abnormal and has difficulty pumping. Risk factors may include a previous heart attack, high blood pressure, viral infections, obesity, diabetes, heavy alcohol or drug use, or a family history. Sometimes even pregnant women can get cardiomyopathy. This condition can lead to heart failure and serious complications.



Stents are small, mesh-like metal tubes that are placed into a narrowed coronary artery. The **percutaneous coronary intervention (PCI)** procedure uses a stent to open the narrowed vessel and keep it open.



Carotid artery disease is a narrowing of the vessel which is usually caused by plaques or other buildup in the carotid artery. This is a form of cardiovascular disease and is a risk factor for stroke.

Coronary artery disease (CAD) is very common and is the leading cause of death in the U.S. for both men and women. CAD is often the underlying cause of a heart attack, heart failure and angina.

Heart failure occurs when the heart is not able to adequately pump enough to meet your body's demand. Symptoms include swelling in the legs and lower extremities, shortness of breath (especially with exercise or lying down), and extreme fatigue or tiredness. If you are diagnosed with heart failure, Atrium Health Floyd offers daily clinics so you can be quickly seen and helped. This will help improve your outcome and reduce your chances of readmission.

High blood pressure occurs when your blood pressure levels rise above 139/89. High blood pressure can be managed and prevented by adopting a healthy lifestyle. If you have a family history of high blood pressure, are

20 pounds or more overweight or have reached menopause, you may be at a higher risk for heart disease. If your blood pressure is normal (less than 120/80), continue to annually visit your primary care doctor or cardiologist. If you have high blood pressure (over 139/89), speak with your doctor because you need to be monitored more closely.

Our Heart Failure Clinic, located at Atrium Health Floyd Medical Center, aims to improve the quality of life for heart failure patients through a combination of programs designed to reduce stress on patients' hearts while promoting self-management through education and medical support.

High cholesterol can be controlled by diet and medication. LDL is “bad” cholesterol which can raise your risk of cardiovascular disease and heart attack, while HDL is “good” cholesterol. There are generally no symptoms of high cholesterol, and it is monitored during routine medical visits.

Peripheral artery disease (PAD) is the narrowing of the peripheral arteries, generally in the legs and arms (sometimes in the stomach and head). Symptoms in legs include pain in the lower extremities that does not go away when resting, and swelling or cramping when walking or climbing stairs.

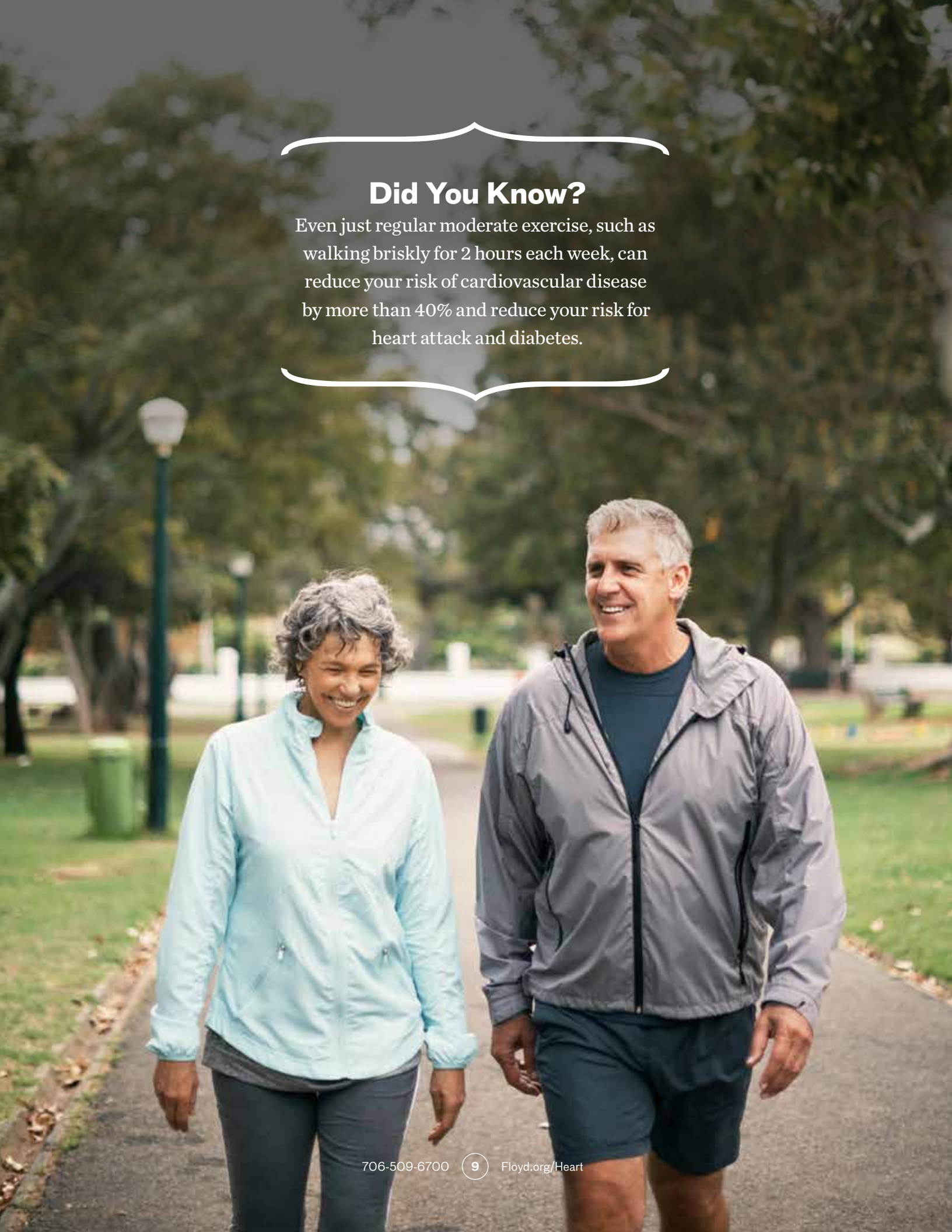
Pulmonary embolism (PE) is a blood clot in the lungs or pulmonary arteries. Symptoms include shortness of breath, difficulty breathing or coughing up blood. Women that take oral contraceptives are often at increased risk for PE.

The difference between cardiac arrest and a heart attack.

Cardiac arrest is when the heart stops beating appropriately. You are not breathing normally or not breathing at all. A cardiac arrest patient needs immediate CPR (cardiopulmonary resuscitation) and defibrillation (electric shock to the heart to make the heart rhythm normal again).

A **heart attack** occurs when blood flow to the heart is blocked. It can either progress into or be the cause of cardiac arrest.





Did You Know?

Even just regular moderate exercise, such as walking briskly for 2 hours each week, can reduce your risk of cardiovascular disease by more than 40% and reduce your risk for heart attack and diabetes.

Tasty and Easy Heart-Healthy Recipes to Try



Fish Tacos

Full of healthy fats, fish packs a great punch for heart health. Studies suggest that people who eat fish regularly (once or twice a week) are less likely to have heart disease. Aim to eat a variety of fish and seafood, including an ample dose of oily fish like salmon. Makes 6 servings.

Ingredients

- 1 pound fresh or frozen tilapia
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt & 1/4 teaspoon ground black pepper
- 6 fat-free flour tortillas (or corn tortillas for a GF option)
- 1 cup fresh chopped tomatoes, onions, corn and cucumber mixture

Directions

1. Thaw fish, if frozen. Transfer fish to a cutting board and cut into 1-inch pieces.
2. In a large bowl, whisk together lemon juice, oil, chili powder, cumin, salt and pepper, and then stir in the fish to coat with marinade.
3. Remove fish and arrange in a 2-quart square baking dish. Preheat oven to 425 degrees and bake for 15 minutes, then broil for 2-3 minutes.
4. Stack tortillas and wrap in foil, then warm 5 minutes in oven.
5. Serve fish in warmed tortillas topped with fresh tomatoes, onions and cucumbers. Garnish with pineapple salsa.

Asparagus-Zucchini Frittata

Low in calories and fat, and loaded with vitamins, minerals and fiber, vegetables are a no-brainer for heart health. The potassium packed in zucchini helps control blood pressure, while the high levels of vitamin B6 in asparagus help lower amounts of an amino acid that's been linked to heart disease. Makes 8 servings.

Ingredients

- Nonstick cooking spray
- 12 ounces fresh asparagus, cut into 1 inch pieces
- ½ of a small zucchini, halved lengthwise and cut into ¼-inch-thick slices (about 1/2 cup)
- ½ cup chopped onion and tomato mixture
- 2 cups refrigerated egg product, or 12 egg whites
- ½ cup fat-free milk
- 1 tablespoon cut fresh basil leaves
- ¾ teaspoon salt
- ¼ - ½ teaspoon ground black pepper
- 2 tablespoons all-purpose flour (or GF flour)
- ½ cup Parmesan cheese

Directions

1. Preheat oven to 350 degrees. Coat a 2-quart baking dish with nonstick cooking spray.
2. In a large saucepan, bring 1 inch water to a boil. Add asparagus, zucchini, onion and tomatoes. Bring back to a boil; then reduce heat slightly. Cover and boil about 5 minutes or until crisp-tender.
3. Spread vegetable mixture evenly in baking dish. Sprinkle with half of the Parmesan cheese.
4. In a large bowl, whisk together egg product, milk, snipped basil, salt, flour and black pepper until well mixed. Pour over vegetables in baking dish.
5. Bake uncovered, approximately 35 minutes, or until slightly puffed. Sprinkle with remaining Parmesan cheese. Let stand for 10 minutes before serving. If desired, garnish individual servings with basil leaves.

Did You Know?

If you are overweight, losing just 10 pounds may lower your blood pressure and improve the effects of blood pressure medicine. It also may reduce other heart disease and stroke risk factors such as diabetes and high cholesterol.



Berry Banana Flax Smoothie

Bursting with disease-fighting antioxidants, blueberries are one of the tastiest and best-known heart-healthy foods around. And flaxseeds provide a boost of omega-3 fatty acids, which have been shown to reduce the risk of an irregular heartbeat and slow the buildup of plaque in your arteries. Makes 2 servings.

Ingredients

- ½ cup vanilla nonfat Greek yogurt
- ½ cup orange juice
- ½ banana
- ½ cup blueberries
- ½ cup spinach leaves
- 1 tablespoon of ground flaxseeds
- 5 ice cubes

Directions

Place all ingredients in blender and blend for 2 minutes to ensure ingredients are properly mixed.

Dark Chocolate Dipped Apples

Dark chocolate not only tastes great, it's a true heart-health powerhouse. Studies show the compounds in cocoa naturally lower your blood pressure, help prevent blood clots, keep bad cholesterol at bay and reduce your risk of heart disease. Makes 6 servings.

Ingredients

- 6 medium apples (Gala, Fuji, Granny Smith)
- 6 wooden sticks
- ⅓ cup sliced almonds or chopped peanuts
- ⅓ cup chopped dried cranberries
- ½ cup dark chocolate, chopped
- 1 cup semisweet chocolate chips
- ½ teaspoon ground cinnamon

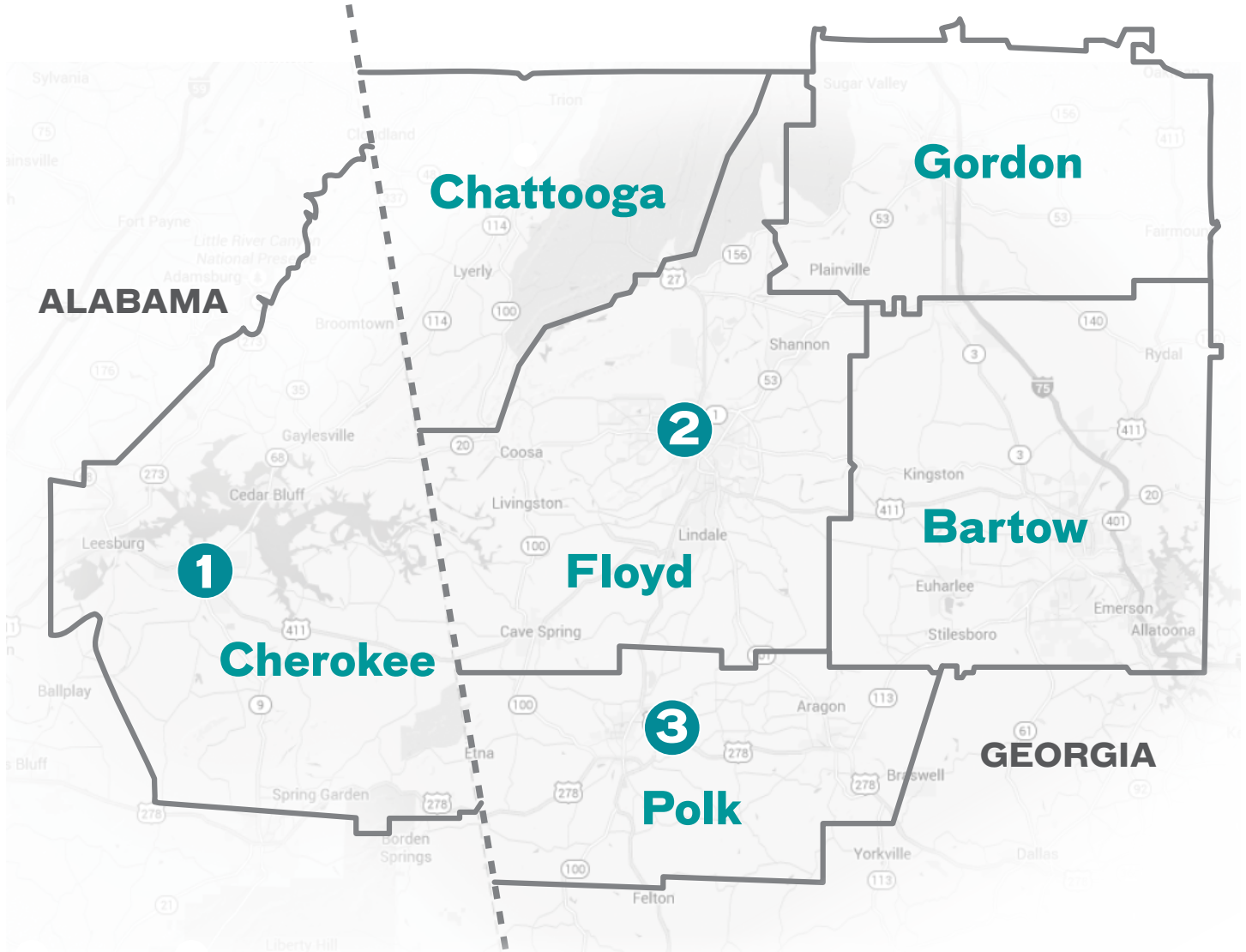
Directions

1. Wash and dry apples. Insert one wooden stick into the stem end of each apple. Set aside.
2. Place nuts and cranberries in a deep bowl; set aside.
3. In a heavy small saucepan, melt bittersweet chocolate, semisweet chocolate and cinnamon over low heat until melted, stirring constantly. Remove from heat.
4. Dip the bottom half of each apple into the chocolate, using a spoon to spread the mixture evenly over apple. Immediately dip apples into almonds and dried cranberries.
5. Place apples, nut side down, on waxed paper for 30 minutes.

Did You Know?

According to a JAMA: Internal Medicine study published in 2014, most U.S. adults consume about 22 teaspoons of added sugars a day. The American Heart Association recommends no more than 6 teaspoons (100 calories) a day for most women and no more than 9 teaspoons (150 calories) a day for most men.

Convenient Locations Throughout the Area



1 Atrium Health Floyd
Cherokee Medical Center
400 Northwood Drive
Centre, AL 35960
256-927-5531

2 Atrium Health Floyd
Medical Center
304 Turner McCall Blvd.
Rome, GA 30165
706-509-5000

3 Atrium Health Floyd Polk
Medical Center
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