February is American Heart Health Month!

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There couldn’t be a better time to learn more about good heart health. So, when you’re showing some love to your valentine how about showing some love to your heart as well.

Heart disease is known as the silent killer and does not discriminate. It is not restricted to older adults and men, it in fact affects younger adults and more women than men.

Facts about heart disease:

- Heart disease is the leading cause of death among men and women in the United States
- 1 in 4 deaths are related to heart disease
- Leading cause of preventable death in people 40-65
- Heart disease kills more women than men and is deadlier than all cancers combined
- 80 percent of cardiovascular disease can be prevented with education and lifestyle

Risk factors:

- High blood pressure
- Elevated blood lipids
- High cholesterol
- Smoking
- Obesity
- Sedentary lifestyle
- Unhealthy eating
- Genetics
- Diabetes

Did you know that 92% of the population recognized chest pain as a symptom of a heart attack but only 27% were aware of other major symptoms?

Signs/Symptoms:

- Uncomfortable pressure, squeezing, or pain in the lower chest or upper abdomen
- Dizziness
- Lightheadedness
- Upper back pressure
- Extreme fatigue
- Pain or discomfort in one or both arms

Symptoms most common in women:

- Breaking out in a cold sweat
- Shortness of breath
- Nausea
- Vomiting
- Back or jaw pain

The good news is many of the major risks factors associated with heart disease can be prevented through healthy lifestyle changes.

- Eat a healthy diet
- Maintain a healthy weight
- Get plenty of physical activity
- Avoid smoking
- Manage stress
- Get plenty of sleep

References:


Tobacco Cessation Program

Program Eligibility: Open to all TRICARE beneficiaries.

Please call JBSA-FSH Army Health Promotion at 210.916.7646 for class schedules and to enroll.