

Heart *Healthy* Living



Objectives

- Understand basic functioning of the heart
- Understand cardiac risk factors
- Learn how to keep your heart healthy

How the Heart Works

- Muscular organ that pumps blood to your body
- Center of your circulatory system



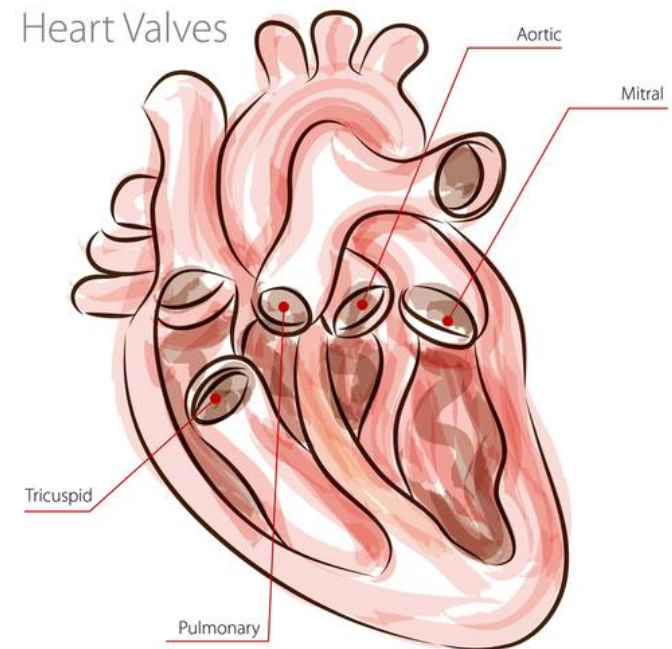
Examples of Heart Conditions

- Heart valve defects
- Atherosclerosis and coronary artery disease (CAD)
- Heart attack
- Congestive heart failure (CHF)



Heart Valve Defects

- The flaps open and close with each heartbeat, ensuring blood flows in the right direction through your heart.
- Disease occurs if one or more heart valves don't work well.
- Lifestyle changes and medicine can relieve many symptoms and complications.

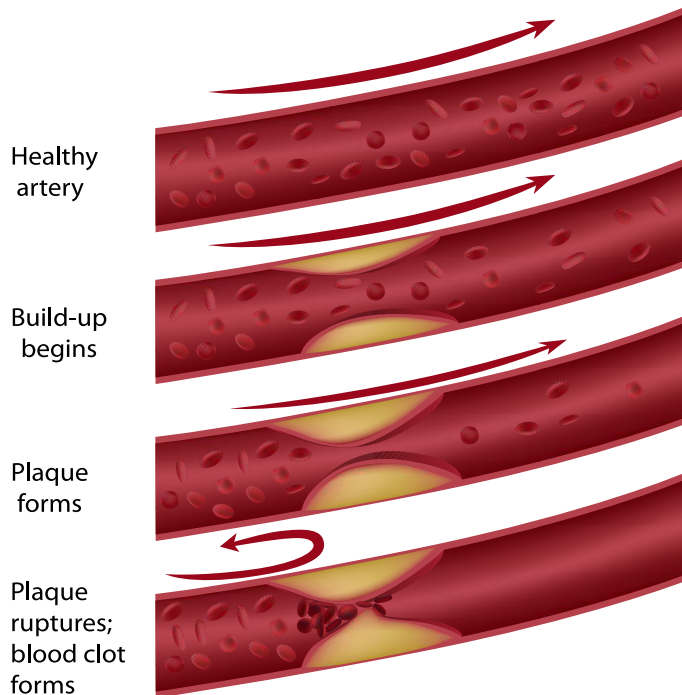


Atherosclerosis and Coronary Artery Disease

Coronary artery disease (CAD)

– *Plaque builds up inside the coronary arteries*

STAGES OF ATHEROSCLEROSIS



Coronary Artery Disease Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of coronary artery disease. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE.</p> <p>Your coronary artery disease is controlled.</p>	<ul style="list-style-type: none"> feeling good overall breathing without difficulty tolerating activity weight stable, no swelling 	<ul style="list-style-type: none"> Continue regular routine. Take medications as directed. Follow a balanced diet. Exercise regularly.
YELLOW	<p>Yellow means CAUTION.</p> <p>Your symptoms indicate you may need to talk with your provider.</p>	<ul style="list-style-type: none"> decreased energy level or feeling very tired more frequent or more uncomfortable episodes of chest pressure, even if relieved by medication sudden weight gain of three pounds in one day or five pounds in one week other symptoms of concern 	<ul style="list-style-type: none"> Rest, monitor how you feel. Take your prescribed medications as directed by your provider. Call your provider.
RED	<p>Red means you may need help IMMEDIATELY! Symptoms are unstable.</p> <p>You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<p>You may have a feeling of pain, pressure, heaviness, or tightness in your:</p> <ul style="list-style-type: none"> chest neck jaw arms back shoulders <p>You may also feel:</p> <ul style="list-style-type: none"> nauseous dizzy/lightheaded short of breath a cold sweat 	<ul style="list-style-type: none"> STOP activity and rest. If you are not alone, tell someone how you feel. DOSE – take angina medicine as prescribed by your provider. If symptoms don't go away within five minutes, call 911 and ask for an ambulance. If you can't access 911, have someone drive you to the hospital.

Warning Signs of a Heart Attack

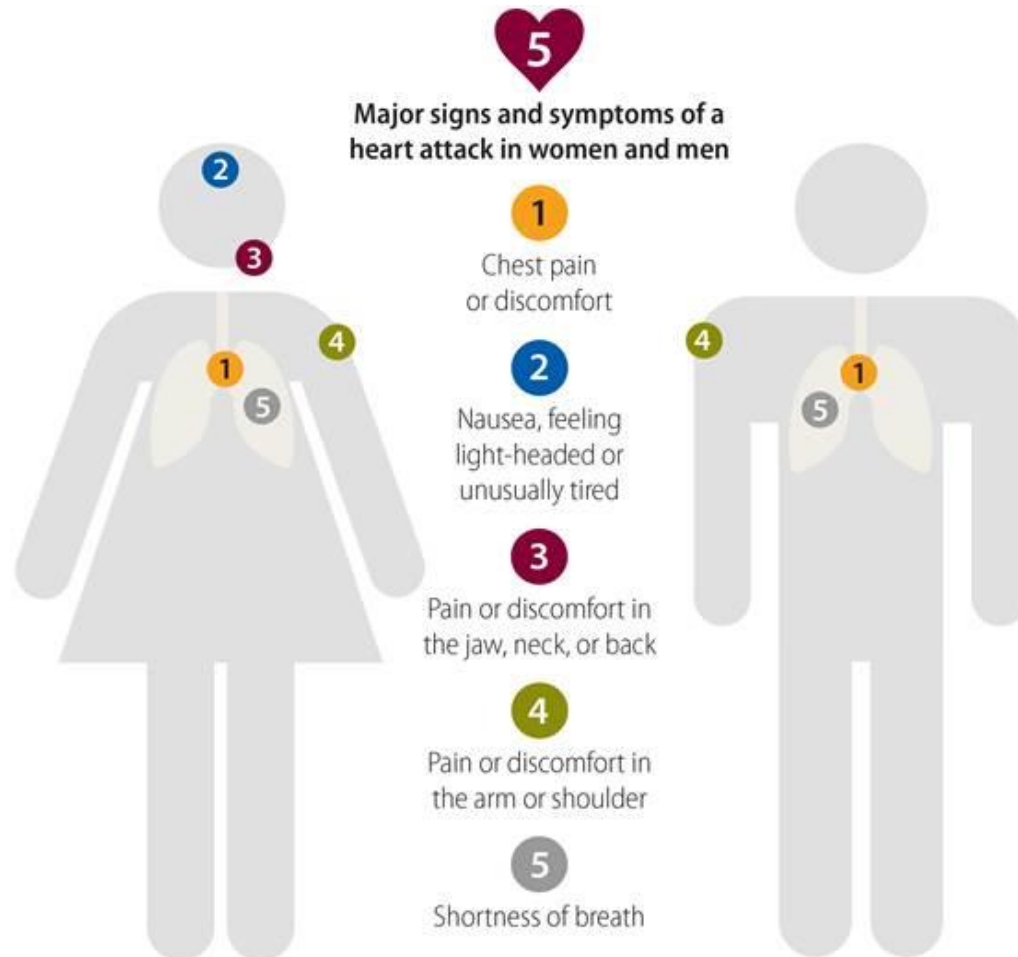
- Crushing and/or squeezing pressure or discomfort in chest
- Pain or upper body discomfort in arms, neck, back, and/or jaw
- Pain that lasts longer than five minutes
- Unusual fatigue
- Shortness of breath, dizziness, lightheaded, weakness or sweating, irregular heartbeat, indigestion, chest pain, or discomfort in chest

Cardiopulmonary resuscitation (CPR) can save lives

Check with the American Red Cross or the American Heart Association for classes in your area

- <http://www.heart.org>
- <http://www.redcross.org/take-a-class>

Warning Signs of a Heart Attack



Congestive Heart Failure (CHF)

Causes of CHF

- Coronary artery disease and previous heart attacks
- High blood pressure
- Diabetes
- Cardiomyopathy (enlarged, thickened and/or stiffened heart muscle)
- Heart valve disease



Cardiac Risk Factors

What you **can't** control

- Age
- Gender
- Family history

What you **can** control

- Smoking
- Overweight
- Physical inactivity
- High stress
- High blood pressure
- High blood cholesterol
- Diabetes

On Your Way to a Healthy Heart

- Manage diabetes
- Control blood pressure
- Treat high cholesterol
- Stop smoking
- Practice healthy eating habits and maintain a healthy weight
- Exercise regularly
- Control stress



Diabetes

- Monitor A1C and blood sugars, blood pressure and cholesterol levels
- Take medications as prescribed
- Balance your meals for the right amount of nutrients
- Get physical activity daily



Know Your Blood Pressure

Lifestyle changes can help to lower blood pressure

Check your numbers (minimum every two years)

Category	Systolic	Diastolic
Normal	< 120 mmHg	< 80 mmHg
Prehypertension	120–139 mmHg	80–89 mmHg
Hypertension – Stage 1	140–159 mmHg	90–99 mmHg
Hypertension – Stage 2	≥ 160 mmHg	≥ 100 mmHg

Know Your Blood Cholesterol

Total Cholesterol Level	
Desirable	Less than 200 mg/dL
Borderline high	200-239 mg/dL
High	240 mg/dL and above

Triglycerides (can raise heart disease risk)	
Desirable	Less than 150 mg/dL
Borderline high	150–199 mg/dL
High	200–499 mg/dL
Very high	500 mg/dL and above

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Know Your Blood Cholesterol

Lower Density Lipoprotein (LDL) Cholesterol (bad cholesterol)	
Optimal	Less than 100 mg/dL
Near optimal/above optimal	100–129 mg/dL
Borderline high	130–159 mg/dL
High	160–189 mg/dL
Very high	190 mg/dL and above

High Density Lipoprotein (HDL) Cholesterol (good cholesterol)	
Men	Greater than 40 mg/dL
Women	Greater than 50 mg/dL
Strive for a higher goal	

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Tobacco Cessation

According to the American Cancer Society, smoking and secondhand smoke are directly related to:

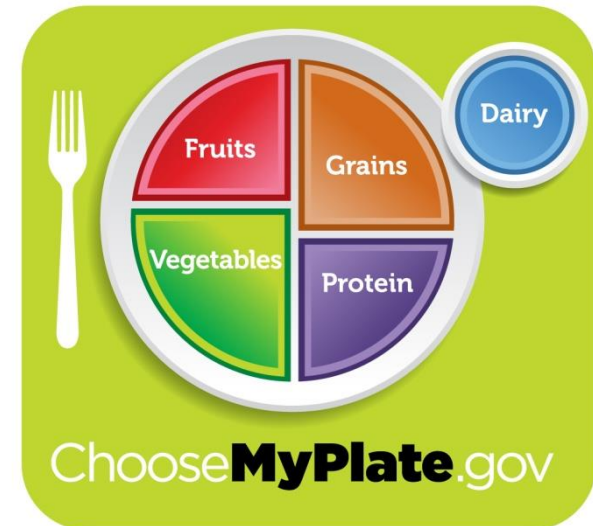
- Premature death, heart disease and stroke
- Lung and other cancers
- Chronic bronchitis and emphysema

*When you are ready to quit,
we can help*



A Healthy Diet

- Variety of fruits and vegetables
- Whole grains
- Fat-free or low-fat milk products
- Lean meats, fish, beans, eggs, and nuts
- Low in saturated fats, trans fats, cholesterol, salt, and added sugars
- ChooseMyPlate.gov



U.S. Department of Agriculture

About Fats

- **Avoid Saturated Fats**
 - Butter, solid shortening lard, meat fat, dairy products like cream, cheese and other full-fat milk products, milk chocolate, deep fried and processed foods
- **Avoid Trans Fats**
 - Products that have hydrogenated or partially hydrogenated oils on the food label, found in some margarines, baked goods, fried foods, and processed snack foods
- **Healthy Fats**
 - Plant oils, such as olive oil, peanut, safflower, and sunflower oil, nuts, seeds, and avocados
 - Fish oils, like salmon and tuna

Maintain a Healthy Weight

Benefits of weight loss may include:

- Decreased blood pressure
- Decreased cholesterol
- Decreased risk of high blood sugars

Losing 10 percent of your weight can lower your cardiac risk factors significantly.



Strategies for Weight Control

- ❑ Eat frequent, small, healthy meals everyday
- ❑ Eat slowly and mindfully, enjoying the taste of your food
- ❑ Eat meals in the same place, preferably the kitchen table
- ❑ Do not do other activities while eating
- ❑ Control portion sizes
- ❑ Plan ahead for meals and exercise
- ❑ Exercise regularly



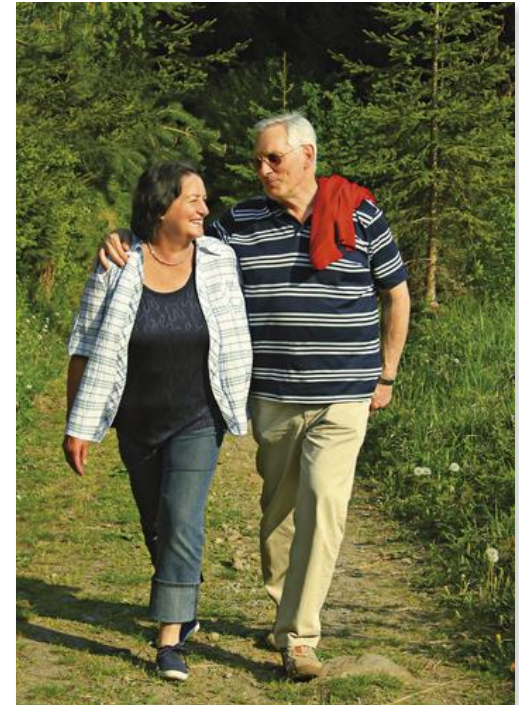
Benefits of Regular Exercise

- Reduces the risk of heart disease, high blood pressure, diabetes, and obesity
- Lowers total blood cholesterol and triglycerides
- Increases good cholesterol
- Helps achieve and maintain a healthy weight
- Provides stress relief and improves mood
- Many other benefits



Increase Activity

- Find ways to increase activity throughout the day
 - Take the stairs
 - Park farther away from the building
- Include a well-rounded exercise program
 - Cardiovascular
 - Strengthening
 - Flexibility
 - Balance and agility



What to Consider with Exercise

- Talk with your doctor
- Start slowly and choose activities you enjoy
- Schedule regular exercise
- Reward yourself for meeting your goals



Aim for 30 minutes of moderate activity five days a week.¹⁰

- Break the activity down into shorter sessions if needed
- Exercise for 10 minutes three times per day or 15 minutes twice per day

Effects of Stress

Your body

- Headaches
- Muscle tension
- Neck, back or chest pain
- Fatigue
- Stomach or digestive problems
- Elevated blood pressure and heart rate
- Sleep problems

Your mood

- Anxiety
- Restlessness
- Lack of motivation
- Irritability, anger
- Sadness, depression

Your behavior

- Over or under eating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Impatience

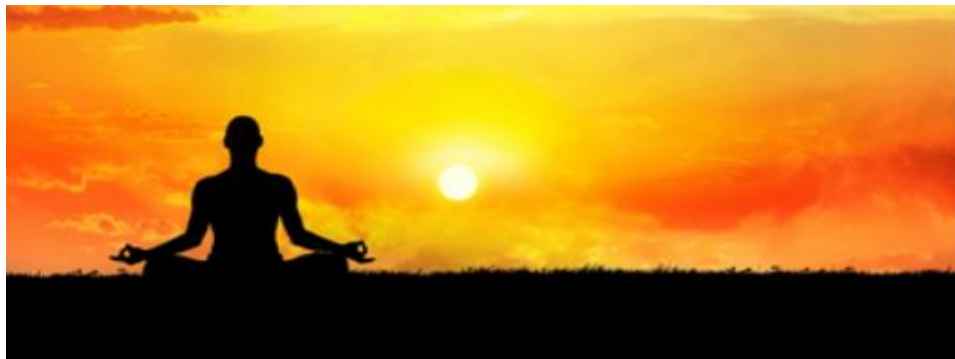
Reducing Stress

Quick ideas for now

- Take deep breaths
- Chat with a friend
- Tell a joke
- Take a quick walk
- Take a mental vacation

Ideas for later

- Get a massage
- Take a vacation
- Read a book
- Watch a movie
- Learn yoga



More Strategies for Healthy Living

- Get regular health screenings*
 - Blood pressure
 - Cholesterol
 - Diabetes
 - Colorectal cancer
 - Men's and women's health screenings
- Take medicines as prescribed
 - Communicate with your doctor
 - Be prepared for doctor visits
- Limit alcohol consumption if you drink
- Avoid risky behaviors

Visit www.tricare.mil and www.express-scripts.com/tricare for current benefit and prescription information.

Which behavior do you want to change?

- I will exercise more.
- I will eat healthier.
 - I will eat less red meat and more fish.*
 - I will control portion sizes.*
 - I will cut back on fat and/or sugar.*
- I will have my blood pressure checked regularly and record it.
- I will have my blood sugars and/or A1C levels checked.
- I will have my cholesterol levels checked.
- I will develop my plan to quit tobacco.
- I will use stress management techniques daily.

Small Steps to Change

- I am going to walk for 15 minutes three days a week.
- I will write down everything I eat for five days.
- I will make an appointment with my doctor this week to find out my cholesterol levels.



My goal:

I will



Programs, Teleclasses and Resources

Online Programs and Resources

- Assessing Your Readiness for Healthy Change
- Basics for Reaching a Healthy Weight
- Healthy Weighs for Life
- Take Charge of Your Health (Self-Care)
- The Basics of Asthma Management
- Time to Quit
- [Tobacco Cessation Resources](#)

Classes

- Heart Healthy Living (recorded)
- Making Healthy Changes for Life (live)
- Preparing to Quit Tobacco (recorded)
- Stress Management in Times of Uncertainty (recorded)
- The Basics of Depression Management (recorded)
- The Essentials of Diabetes Management (recorded)
- What You Need to Know About Anxiety (recorded)

Access Health Net Federal Services Health and Wellness programs and resources
www.tricare-west.com > *Beneficiary* > *Wellness Center* > *Wellness Programs and Resources*

Disease Management Programs

Two Ways to Self-Nominate

- Call 1-844-732-2436 from 8 am–6 pm local time Monday through Friday.
- Click on the link in the Class Resources section to go directly to the [Disease Management Program Information and Nomination page](#), and use the self-nomination form at the bottom of the page.



[Disease Management Education Center](#)

Programs include: anxiety, asthma, chronic obstructive pulmonary disease, coronary artery disease, depression, diabetes, heart failure

Additional Information

Find a TRICARE-authorized provider

- Use the online [provider directory](#).
- Call the TRICARE Customer Service Line.
1-844-866-WEST (866-9378)

Call the Nurse Advice Line

1-800-TRICARE (1-800-874-2273), option 1
24 hours a day, 7 days a week
Chat or video chat at MHSNurseAdviceLine.com

Fill a prescription

- Fill your prescriptions at your military pharmacy or through [home delivery](#).
Contact TRICARE's Pharmacy Home Delivery
(Express Scripts) at: 1-877-363-1303.



Conclusion

- Thank you!
- Class Evaluation



Presentation References

- ¹National Heart, Lung, and Blood Institute of the National Institutes of Health, What is Heart Valve Disease?, located at <https://www.nhlbi.nih.gov/health-topics/heart-valve-disease>. Accessed 9/28/2020.
- ²National Heart, Lung, and Blood Institute of the National Institutes of Health, Heart Attack-What Is, located at <https://www.nhlbi.nih.gov/health-topics/heart-attack>. Accessed 9/28/2020.
- ³National Heart, Lung, and Blood Institute of the National Institutes of Health, Heart Failure-Causes, located at <https://www.nhlbi.nih.gov/health-topics/heart-failure>. Accessed 9/28/2020.
- ^{4,5}National Heart, Lung, and Blood Institute of the National Institutes of Health, High Blood Pressure, located at <https://www.nhlbi.nih.gov/health-topics/high-blood-pressure>. Accessed 9/28/2020.
- ⁶Third Report of the National Cholesterol Education Program (NCEP) on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Executive Summary, by the National Heart, Lung, and Blood Institute of the National Institutes of Health, May 2001, revised June 2005, pg. 3, located at <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3xsum.pdf>. Accessed 9/28/2020.
- ^{7,8}Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel. Evidence Report. Published November 2013, located at <https://www.nhlbi.nih.gov/health-topics/managing-overweight-obesity-in-adults>. Accessed 9/28/2020.
- ⁹U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition, located at https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf. Accessed 9/28/2020.
- ¹⁰National Heart, Lung, and Blood Institute of the National Institutes of Health, Aim for a Healthy Weight, Physical Activity, located at http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/physical.htm. Accessed 9/28/2020.