

UNITED TRIBES  
TECHNICAL COLLEGE

# STUDENT HEALTH NEWS

Cardiovascular disease (CVD) is also called heart disease. It also includes stroke and high blood pressure-is the number 1 killer of women and men in the United States.

**Most common types of Cardiovascular disease.**

- **Coronary artery disease:** Damage or disease in the heart's major blood vessels.
- **High blood pressure:** A condition in which the force of the blood against the artery walls is too high.
- **Cardiac arrest:** Sudden, unexpected loss of heart function, breathing, and consciousness.
- **Congestive heart failure:** A chronic condition in which the heart doesn't pump blood as well as it should.
- **Arrhythmia:** Improper beating of the heart, whether irregular, too fast, or too slow.
- **Peripheral artery disease:** A circulatory condition in which narrowed blood vessels reduce blood flow to the limbs.
- **Stroke:** Damage to the brain from interruption of its blood supply.
- **Congenital heart disease:** An abnormality in the heart that develops before birth.

Not all heart problems come with clear warning signs. There is not always an alarming chest clutch followed by a fall to the floor like you see in movies. Some heart symptoms don't even happen in your chest, and it's not always easy to tell what's going on. If you're not sure, get it checked out!

## **11 Possible Heart Symptoms You Shouldn't Ignore**

1. Chest Discomfort
2. Nausea, Indigestion, Heartburn, or Stomach Pain
3. Pain that spreads to the Arm
4. You Feel Dizzy or Lightheaded
5. Throat or Jaw Pain
6. You Get Exhausted Easily
7. Snoring
8. Sweating
9. A Cough That Won't Quit
10. Your Legs, Feet, and Ankles Are Swollen
11. Irregular Heart Beat



Encourage everyone in your community to wear red on February 5, 2016.

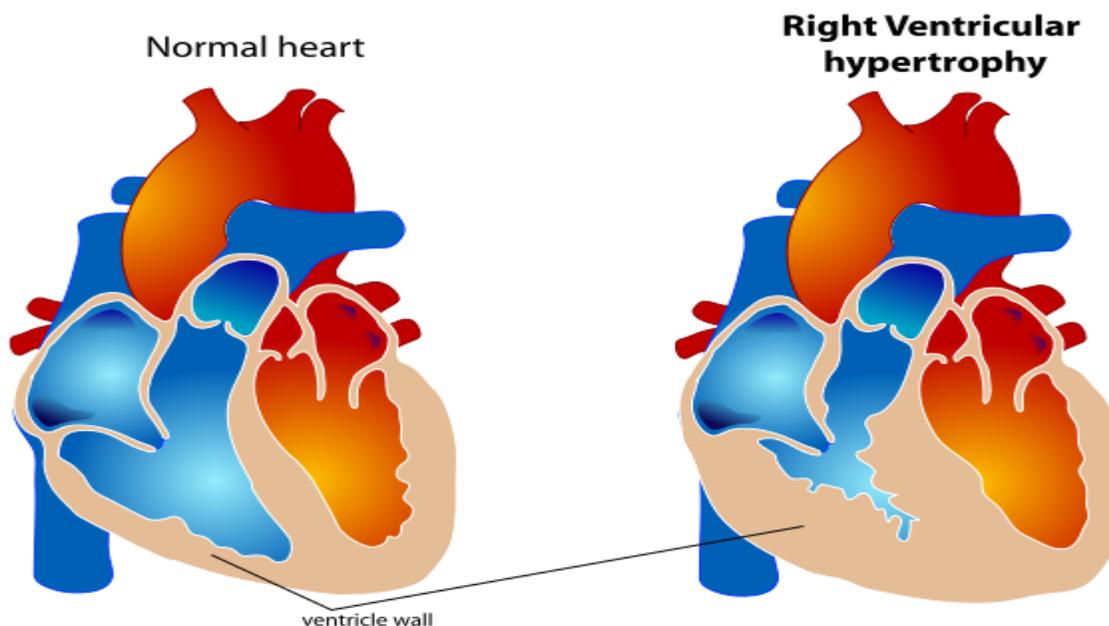
Number 1 killer of women-heart disease.

## Cardiovascular Disease (CVD) risk factors

There are many risk factors associated with heart disease that can be treated or changed, and some that cannot be changed. And you will not necessarily develop CVD if you have a risk factor. But the more risk factors you have the greater is the likelihood that you will, unless you take the action to modify your risk factors and work to prevent them compromising your heart health.

### Modifiable risk factors

- **Hypertension** is the single biggest risk factor for stroke and plays a significant role in heart attacks. It can be prevented and treated.
- **Abnormal blood lipid levels** that is high total cholesterol, high levels of triglycerides, high levels of low-density lipoprotein or low levels of high-density lipoprotein (HDL) cholesterol all increase the risk of heart disease and stroke. Healthy diet, exercise and medication can modify blood lipids.
- **Tobacco** use, whether it is smoking or chewing tobacco, increases your risk of CVD. Stopping tobacco use can reduce your risk of CVD significantly.
- **Physical inactivity** increases the risk of heart disease and stroke by 50%. Obesity is a major risk for cardiovascular disease and predisposes you to diabetes. Diabetes is also a risk factor for cardiovascular disease (CVD).
- **Type2 diabetes** a major risk factor for coronary heart disease and stroke. Having diabetes makes you twice as likely as someone who does not to develop CVD. If you do not control diabetes then you are more likely to develop CVD at an earlier age than other people.
- **Diet** high in saturated fat increases the risk of heart disease and stroke.
- **Alcohol:** having one or two alcohol drinks a day may lead to a 30% reduction in heart disease, but above this level alcohol consumption will damage the heart muscle.
- **Medicines:** certain medicines may increase the risk of heart disease such as contraceptive pill and hormone replacement therapy.
- **Left ventricular hypertrophy** (LVH) is a risk factor for cardiovascular mortality.



### Non-modifiable risk factors

- **Age:** aging is a risk factor for CVD; risk of stroke doubles every decade after age 55.
- **Family history:** your family's history of CVD indicates your risk
- **Gender:** as a man you are at greater risk of heart disease than a pre-menopausal woman. But once past the menopause, a woman's risk is similar to a man's.
- **Ethnicity:** people with African or Asian ancestry are at higher risks of developing CVD than other racial groups.

### Treatment for Coronary Heart Disease (CHD)

Treatment may include:

- Lifestyle Changes
- Quit Smoking
- Follow a Healthy Diet
- Be Physically Active
- Maintain a Healthy Weight
- Stress and Depression
- Medicines
- Menopausal Hormone Therapy
- Procedures and Surgery
- Percutaneous Coronary Intervention
- Coronary Artery Bypass Grafting
- Cardiac Rehabilitation



Treatment for CHD usually is the same for both women and men.



## Cancer Prevention Month

There is strong evidence that an individual's risk of developing cancer can be substantially reduced by healthy behavior:

- **Don't use tobacco**
- **Get sufficient physical activity**
- **Eat healthy foods in moderation**
- **Participate in cancer screenings, according to recommended guidelines**

Anyone can get cancer. One of the biggest factors that can make a person more likely to get cancer is age: 3 out of 4 cancers are found in people aged 55 or older. Sometimes cancer can be prevented. Looking at the whole country, it is quite possible that more than half of cancer deaths could be prevented--

### Lifestyle Choices May Prevent Cancer

- **Achieve and maintain a healthy weight throughout life**
- **Be physically active**
- **Limit sedentary behavior such as sitting, lying down, and watching tv.**
- **Get Routine Medical Care; mammograms, colonoscopy and pap smear**
- **Individuals should check their skin for moles that are new, large, or irregular or change color.**
- **An open dialogue with a family doctor**
- **Early detection**

### Student Health News

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**Health Fair**

**February 25, 2016**

**1:00-5:00 pm**

**Multi Purpose Room**

