

Atherosclerosis

- Build up of fatty tissue and plaque inside the coronary arteries
- Gradually reduces the flow of blood to the tissue of the heart
- Complete occlusion often results in a heart attack, permanent damage to the portion of heart tissue supplied by the occluded artery

Risk Factors for Heart Disease

- Age
- Gender
- Family History
- Smoking
- Lack of Exercise
- Obesity
- Cholesterol
- Hypertension
- Diabetes

EXERCISE

- Improves HDL ("Good Cholesterol")
- Lowers Triglycerides
- Lowers Blood Pressure
- Important for Weight Control

Exercise Benefits

- Increases Metabolism
- Strengthens Muscle and Bone
- Weight Loss
- Improved Sleep
- Strengthens Immune System
- Improves Memory
- Improves Depression and Anxiety
- Lowers risk of Heart Attack, Stroke, Cancer, Infection
- Lowers Blood Pressure and Blood Sugar

Exercise Recommendations for Adults:

Every U.S. adult should accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week.

EXAMPLES OF MODERATE EXERCISE

- Walking
- Jogging
- Biking
- Swimming
- Skating
- Dancing
- Tennis
- Racquetball

Smoking

- Damages the lining of the artery walls, initiating plaque buildup
- Increases the work of the heart
- Coronary artery spasm
- Risk is proportional to amount and duration of cigarettes smoked
- Risk is also increased by "Passive Smoke"

Smoking

- The single most preventable cause of death
- Directly causes 400,000 deaths per year in United States
- Second hand smoke causes 50,000 deaths per year in United States

Hypertension: Non-Pharmacologic Measures

- Exercise
- Weight loss
- Avoid tobacco
- Salt restriction
- Avoid excess alcohol
- Avoid excess caffeine
- Avoid NSAIDs
- Avoid Cold/Diet Pills
- Avoid certain herbal products

Prevention of Diabetes

- Weight control
- Carbohydrates
 - Complex carbohydrates
 - Portion Control
- Exercise

* 80% of Diabetes is preventable with lifestyle modification

Prevention of Heart Disease

- Exercise
- Diet
- Weight Loss
- Quit Smoking
- Aspirin
- Fish Oil
- Cholesterol Medication
- ACE Inhibitors
- Glucose Control

PREVENTION OF HEART DISEASE

- HEALTHY DIET

- Limit Fat

- Limit Carbohydrates

- Healthy Proteins

- Health Fats (Unsaturated Fats)

- Fruits

- Vegetables

- EXERCISE

- Accumulate 30 - 40 min of mild to moderate aerobic exercise 5 - 6 days a week

- Consistency more important than intensity

- WEIGHT CONTROL

- Healthy diet choices

- Portion control

- Exercise

- SMOKING

- ASPIRIN

- CHOLESTEROL MEDICATION

- CONTROL BLOOD PRESSURE

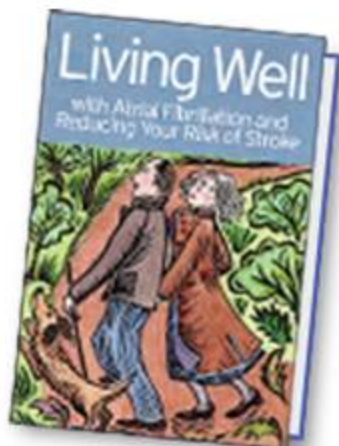
- CONTROL DIABETES

- ACE INHIBITORS

HEALTHY DIET

- Limit Fat
 - Less than 30% of calories from fat
 - Less than 7.5% of calories from saturated fat
- Limit Carbohydrates
 - Sugars/Sweets
 - Potatoes
 - Bread
 - Pasta
 - Rice
- Healthy Proteins
- Healthy Fats (Unsaturated Fats)
- Fruits
- Vegetables

Atrial Fibrillation



“Living Well with Atrial Fibrillation and Reducing Your Risk of Stroke”

A 48-page illustrated book for patients and caregivers.

Inside you'll find:

Detailed information on atrial fibrillation and the link to stroke

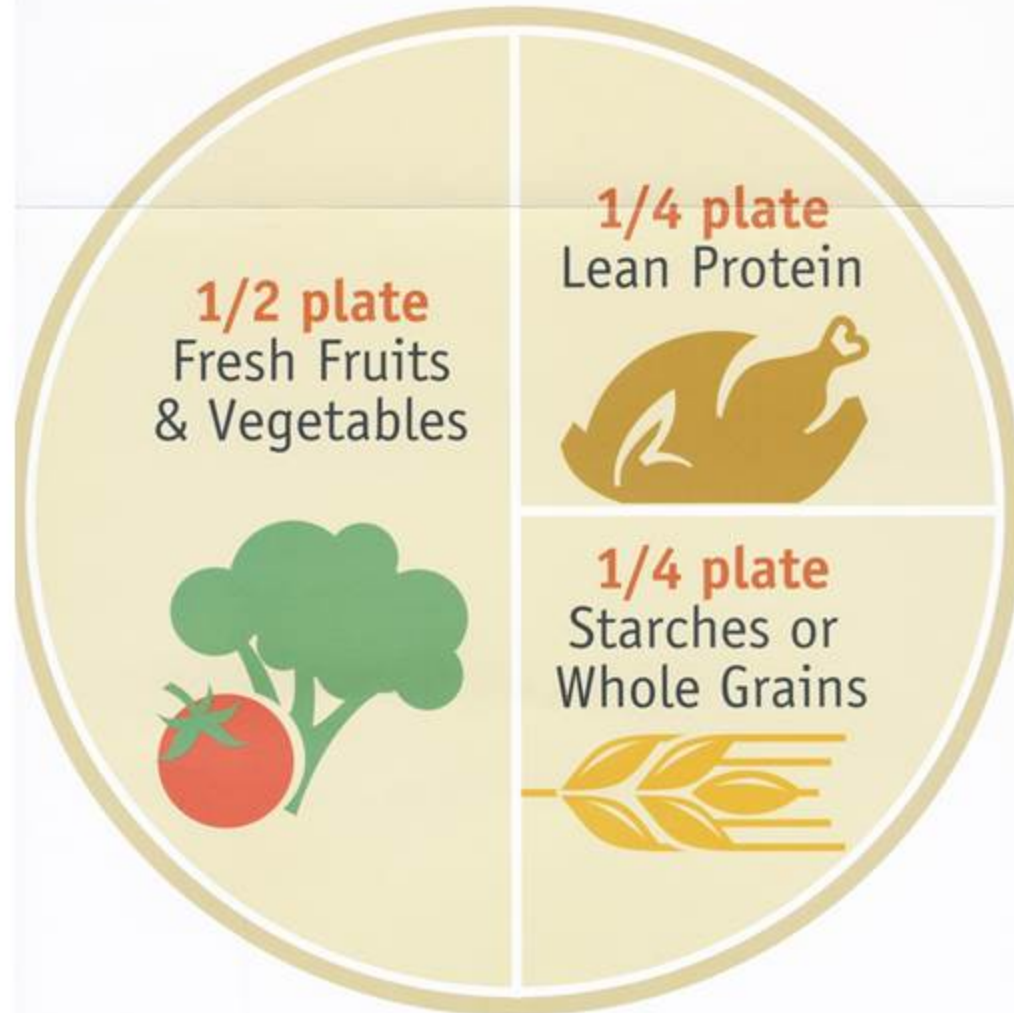
Treatment options, including prescription medication to help reduce the risk of stroke

Ways to improve your relationship with your doctor, and how to take an active role in your care

Healthy lifestyle suggestions, diet guidelines and stress reduction strategies

Divide Your Plate

On a 9" plate you should have...

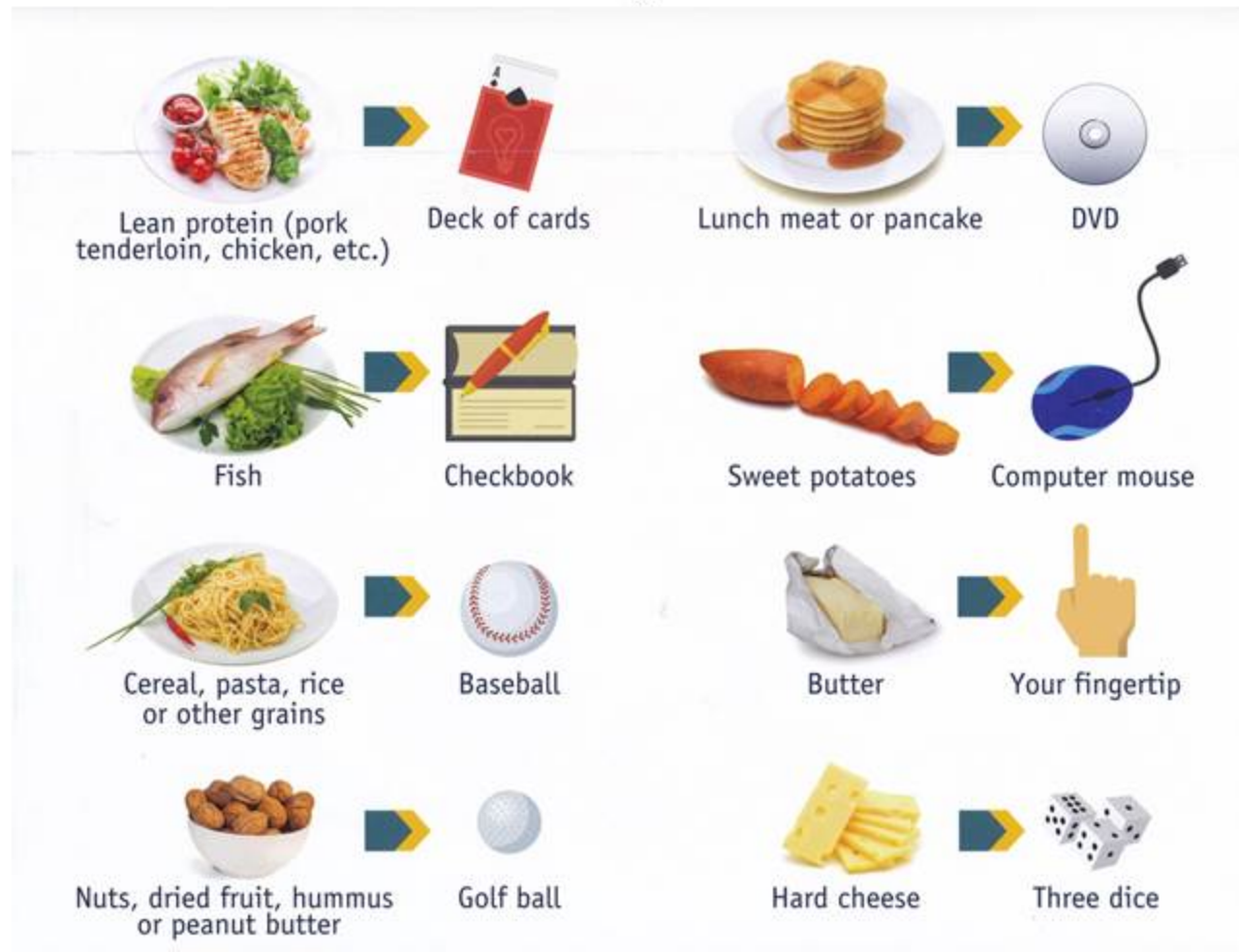




Eyeball it ...

Use everyday objects as a guide when dishing up food.

One serving looks like ...





Also remember
to drink
with your meal:

ONE
8 oz. cup
of water,
low-fat milk or
other low- or
no-calorie drink

Offer a **FREE** Prescription Drug Card to Your Patients

The Medical Association of Georgia has partnered with the Georgia Drug Card. Offer Georgia Drug Cards to your patients so they can get discounts on their medications.

"The Georgia Drug Card is an easy and innovative way to help your patients get the prescription drugs they need."

- Donald J. Palmisano Jr.
MAG Executive Director/CEO

A sample of the Georgia Drug Card. It is a dark blue card with the georgiadrugcard.com logo at the top left. Below the logo is a white box containing the following information: Name: (blank), Member ID: Enter Year and Time (Example: Year 2012; Time 9:14; Enter ID 2012914), RxGRP: GEORGIA, RxBIN: 610709, RxPCN: 7777. To the right of this box is the Medical Association of Georgia logo, which is a green circle with a white caduceus and the text "MEDICAL ASSOCIATION OF GEORGIA". At the bottom left, there is a "NOTE" in small white text. At the bottom right, there is an orange box with white text for Customer Service (877-321-6755) and Pharmacy Help (800-248-1062), along with a disclaimer that the program is not insurance and is a point-of-sale discount plan.

georgiadrugcard.com

Name: _____

Member ID: Enter Year and Time
(Example: Year 2012; Time 9:14; Enter ID 2012914)

RxGRP: GEORGIA

RxBIN: 610709

RxPCN: 7777

NOTE: This card is being provided to you at NO COST. There are no forms to fill out. Simply take this card into a participating pharmacy with your Rx to qualify for discounts on medications. You also have access to other value added programs listed on back. Each family member must have his/her own card. This card has been pre-activated for immediate use! To obtain information and to print additional cards visit www.georgiadrugcard.com

Customer Service: 877-321-6755
Pharmacy Help: 800-248-1062
This program is not insurance.
This is a point-of-sale discount plan.

For more information or for hard cards contact:

John Cenerazzo • Program Development Director • 404-630-4500
www.georgiadrugcard.com • johnc@georgiadrugcard.com

Program Highlights

- ✓ Free For Everyone
- ✓ No Restrictions
- ✓ Lowest Price Guarantee
- ✓ Discounts on All Medications
- ✓ Accepted at Over 56,000 Pharmacies Nationwide
- ✓ Completely Confidential



#1 Discount Rx Card

- RxResource.org

#1 Prescription Drug Card

- Pharmacy News Today

#1 Pharmacy Drug Card

- Pharmacy Times

#1 Discount Drug Card

- Brokers Health Insurance Network

#1 Prescription Savings

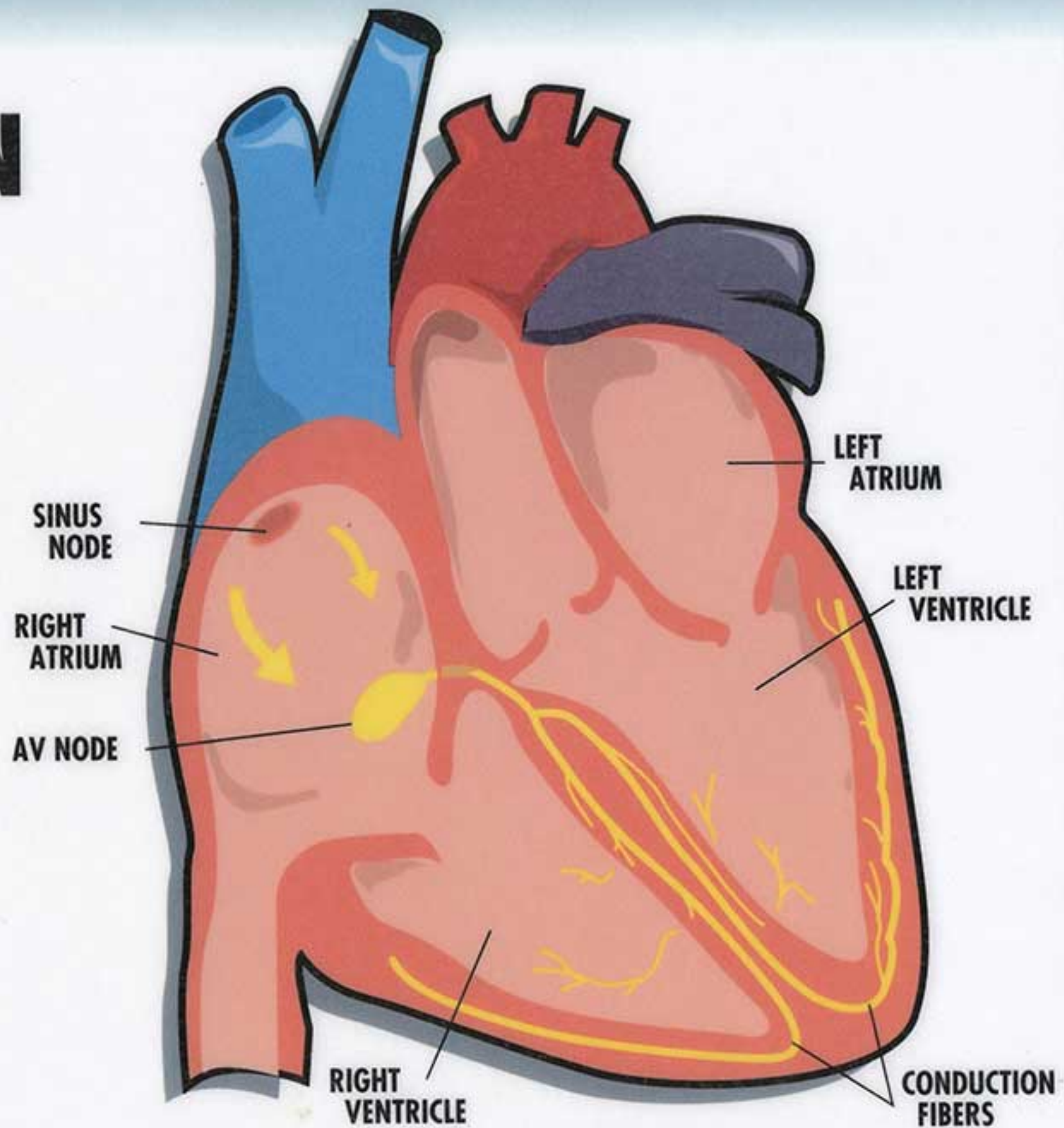
- Self Magazine

HEART'S CONDUCTION SYSTEM

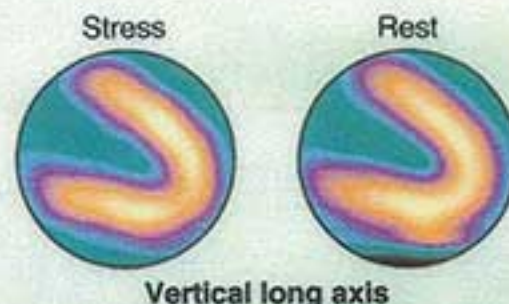
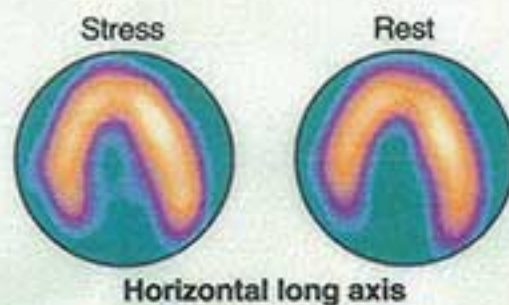
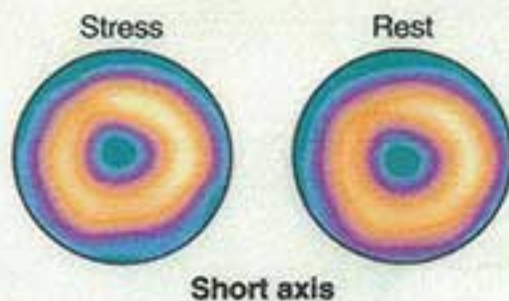
ELECTRICAL ACTIVITY

THE HEART'S ELECTRICAL SYSTEM

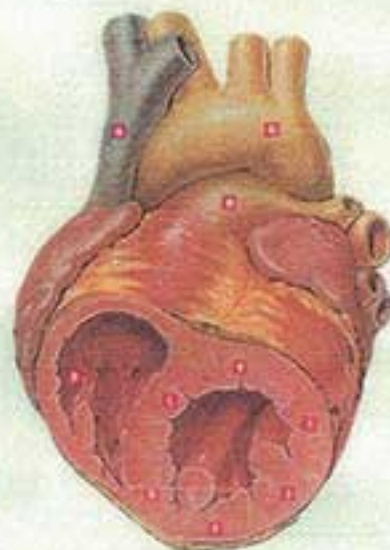
AN ELECTRICAL IMPULSE IS GENERATED IN THE SINUS NODE, STARTING THE HEARTBEAT. THE ELECTRICAL IMPULSE TRAVELS TO THE AV NODE, CONTINUING THROUGH THE CONDUCTION FIBERS AND CAUSING THE VENTRICLES TO CONTRACT.



CARDIOLITE perfusion images



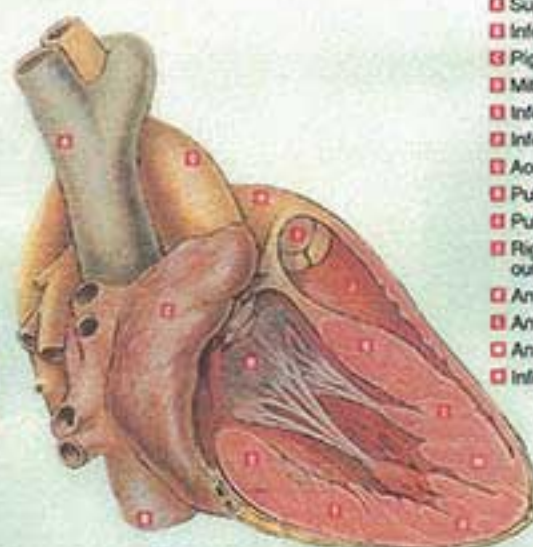
Spatial orientation of heart



- Superior vena cava
- Right ventricle
- Anteroseptal
- Inferoseptal
- Anterior
- Inferior
- Aortic arch
- Pulmonary artery
- Anterolateral
- Inferolateral



- Superior vena cava
- Right atrium
- Right ventricle
- Right ventricular outflow tract
- Proximal septal
- Distal septal
- Aortic arch
- Pulmonary artery
- Pulmonic valve
- Left atrium
- Mitral valve
- Proximal posterolateral
- Distal posterolateral
- Apical



- Superior vena cava
- Inferior vena cava
- Right atrium
- Mitral valve
- Inferobasal
- Inferior
- Aortic arch
- Pulmonary artery
- Pulmonic valve
- Right ventricular outflow tract
- Anterobasal
- Anterior
- Anterapical
- Inferoapical

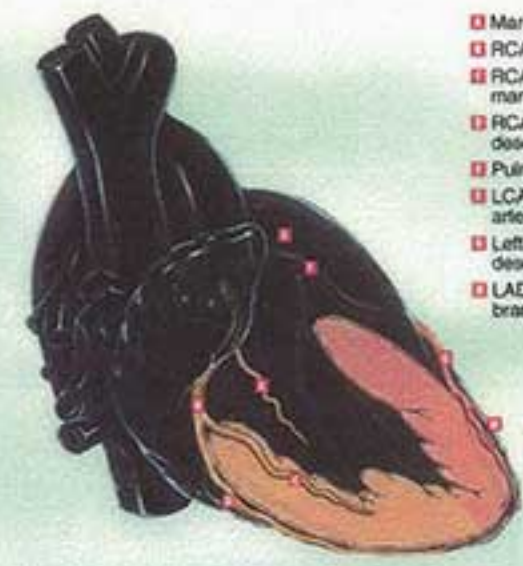
Coronary territories



- RCA, posterior descending artery
- Aortic arch
- Pulmonary artery
- LCA, left anterior descending artery
- LCA, left circumflex artery
- LAD, diagonal branch
- First marginal
- Second marginal
- RCA, distal end of posterior descending artery



- Acute marginal branch
- RCA
- Pulmonary artery
- LCA, left circumflex artery
- LCA, left anterior descending artery
- First marginal
- LAD, diagonal branch
- RCA, distal end of posterior descending artery



- Marginal branch
- RCA
- RCA, acute marginal branch
- RCA, posterior descending artery
- Pulmonary artery
- LCA, left circumflex artery
- Left anterior descending artery
- LAD, diagonal branch



What is **Blood Pressure**?

Blood pressure is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

TOP NUMBER

The pressure or force in the arteries when the heart beats

Systolic
(mm Hg)

Diastolic
(mm Hg)

BOTTOM NUMBER

The pressure measured between heart beats

KNOW WHAT YOUR BP NUMBERS MEAN:

NORMAL

below
120

below
80

ELEVATED

120
to **139**

80
to **89**

also called
Prehypertension

HIGH

140
& above

90
& above

also called
Hypertension

Over time, elevated and high blood pressure can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.

8 Lifestyle Changes for Lower Blood Pressure

1 Get Moving
with regular physical activity.



2 Focus on Nutrition
by making healthy food choices and minding your portion sizes.

3 Cut the Salt
Read food labels and aim for 1,500 mg of sodium or less per day.

4 Take Your Meds
If you are prescribed medicine for high blood pressure, take it every day.



5 Check Your Blood Pressure
as often as your doctor recommends.

6 Lose Weight
Losing just 10 pounds can make a big difference.



7 Cut Back on Alcohol/Don't Smoke
For men, not more than two drinks a day; for women, one. If you smoke, stop.

8 De-stress and Sleep Well
Relaxation can lower blood pressure, and quality sleep ups your energy.



SUGAR

It's one of the most popular ingredients in the foods and drinks we consume, and it's found in most processed foods.

Then and Now...



1800s

The average American consumed **2 lbs. of sugar** annually.



1970

Consumption jumped to **123 lbs. annually.**

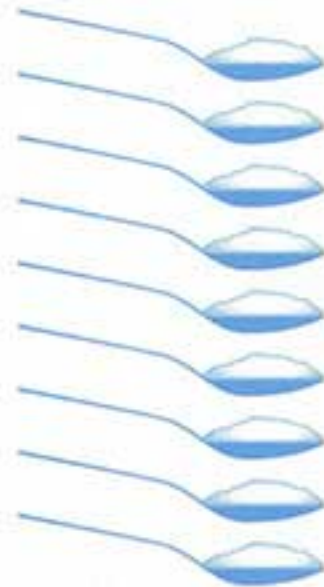


TODAY

Consumption is almost **152 lbs. annually** (equal to **3 lbs. weekly**)

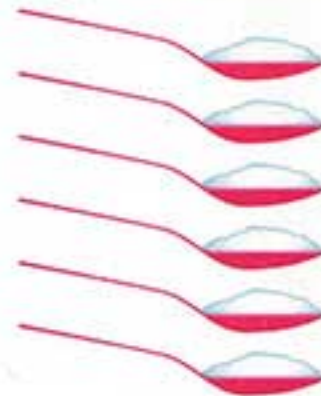
How Much Sugar should You Consume?

MEN



Up to **150 calories**
daily from sugar
(9 teaspoons).

WOMEN



Up to **100 calories**
daily from sugar
(6 teaspoons).



Many people turn to **artificial sweeteners**
and other sugar substitutes in an effort
to reduce the amount of calories from
sugar they consume.

Common Names For Added Sugars You Should Watch Out For:

Made from real
Agave Syrup

Flavored with
Beet Sugar

Contains
**Cane Juice
Crystals**

Includes
Cane Syrup



Made with
Dextrose

Flavored from
**Evaporated
Cane Juice**

Includes
Galactose

Contains
Glucose



Flavored with
**High Fructose
Corn Syrup**

Contains
Honey

Includes
Lactose

Made with
Malt



Contains
Maltose

Made with
Sucrose

Made from
Rice Syrup

Includes
Treacle

