

# PREVENTION WEDNESDAY

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City of Baltimore

Health Department

## Love Your Heart

### Signs of A Heart Attack!

- ♥ Pain or discomfort in one or both arms, back, neck, jaw or stomach
- ♥ Shortness of breath
- ♥ Nausea or vomiting
- ♥ Feeling faint or woozy
- ♥ Breaking out in a cold sweat

### Risk Factors

- ♥ Smoking
- ♥ Second hand smoke
- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Obesity or overweight
- ♥ Physical inactivity
- ♥ Family history of heart disease

### Prevention TIPS

#### Tip 1: Frequent Doctor Visits

Heart disease is easier to treat when it's detected early. Call Baltimore Healthcare Access for referrals or insurance information at [410-649-0500](tel:410-649-0500)

#### Tip 2: Know Your Numbers

Track your blood pressure, cholesterol, blood sugar and weight and keep them in a healthy range.

#### Tip 3: Exercise and Eat Heart-Healthy

Aim for 30 minutes of exercise on most days of the week. Eat a healthy diet of fruits, vegetables and whole grains.

#### Health Disparities in Baltimore:

- ◆ Heart disease mortality for residents with a high education or less is **over 2 times higher** than that for residents with more than a high school education
- ◆ Women are **1.5 times more likely** than men to report having high blood pressure, a major risk factor for heart disease
- ◆ Blacks are **2 times more likely** than Whites to report being obese, a major risk factor for heart disease
- ◆ Residents of the lowest income (<\$15k) are **7.5 times more likely** than residents of the highest income (>\$75k) to report having had a heart attack



Feb 5<sup>th</sup> – National Wear Red Day

Feb 14<sup>th</sup> – Red Dress Sunday

## Resources and References

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### **American Heart Association Mid-Atlantic Affiliate**

415 N. Charles Street, Baltimore, MD 21201

Phone 410-637-4500

[www.americanheart.org](http://www.americanheart.org)

### **American Heart Association**

Calculate your risk of heart disease.

<http://www.americanheart.org/presenter.jhtml?identifier=3003499>

### **National Heart, Lung and Blood Institute**

Heart and Vascular Disease

<http://www.nhlbi.nih.gov/health/public/heart/index.htm>

### **Centers for Disease Control and Prevention**

Nutrition Topics

<http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>

### **Centers for Disease Control and Prevention**

Physical Activity Topics

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

### **Go Red For Women Campaign**

National Wear Red Day

[http://www.goredforwomen.org/national\\_wear\\_red\\_day.aspx](http://www.goredforwomen.org/national_wear_red_day.aspx)

### **A Sister's Heart**

Red Dress Sunday

<http://www.sistersheart.org/>

### **Baltimore City Department of Recreation and Parks**

<http://www.baltimorecity.gov/government/recnparks/>

### **Sister to Sister Foundation**

<http://www.sistertosister.org>