

Family Medical Associates of Raleigh



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What is Heart Disease & Stroke?



Cardiovascular disease (CVD) includes diseases of the heart and blood vessels. Most heart and blood vessel problems develop over time and occur when your arteries develop atherosclerosis. This is a process that begins in childhood and involves a gradual build-up inside the arteries of “plaque”. Plaque contains fat, cholesterol, and other stuff and can grow large enough to reduce the blood’s flow through

an artery. Most of the damage happens when a plaque becomes fragile and ruptures. Plaque that ruptures causes blood clots to form that can block blood flow or break off and travel to another part of the body. If either happens and blocks a blood vessel that feeds the heart or brain, it causes a heart attack or a stroke. A heart attack occurs when the coronary arteries (the blood vessels that feed the heart

muscle) is blocked by a clot—causing the part of the heart that is beyond the clot to die.

Stroke is a type of CVD that affects the arteries leading to and within the brain. A stroke occurs when one of these arteries either bursts or is blocked by a clot. When that happens that part of the brain begins to die and the part of the body it controls is affected.

What is High Blood Pressure?

Everybody has a blood pressure. Everybody needs a blood pressure. Without one, blood can’t circulate through the body. And without circulating blood, organs can’t get oxygen and food they need to work. If you’re healthy, your arteries are muscular

and elastic. They stretch when your heart pumps blood through them. How much they stretch depends on how much force the blood exerts. The higher the blood pressure, the more force exerted on your arteries. The lower the blood pressure, the

less force exerted. So it is important to know what your blood pressure is and how to keep in at a healthy level. Your blood pressure can change from minute to minute but it should normally be less than 130/80 for an adult who does not have diabetes.



February 6, 2009 is National Wear Red Day,

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Signs of a Heart Attack

- Chest discomfort
- Discomfort in the jaw, shoulder, neck, stomach, or back
- Shortness of breath
- Nausea, dizzy, sweating

WHY SHOULD I CARE IF MY BLOOD PRESSURE IS HIGH?

High blood pressure adds to the workload of your heart and your arteries. Like any muscle you work hard for a long time, it gets bigger. Bigger is not always better and an enlarged heart will have a hard time doing what the body needs.

Arteries also suffer from high blood pressure. As we grow older, our arteries harden and become less elastic. This happens to all of us whether or not we have high blood pressure but having elevated blood pressure speeds up the process. Hardened arteries have a hard time supplying the body with oxygen and food. Hardened arteries are narrowed by fatty deposits and may

become blocked by a blood clot.

High blood pressure is the #1 risk factor for stroke that can be improved. It also contributes to heart attacks, heart failure, kidney failure, and "hardening of the arteries". For adults age 40-89, the risk of death from heart disease and stroke begins to rise at blood pressures as low as 115/75. This risk doubles at 135/85. The higher your blood pressure, the greater the chance for heart attack, heart failure, stroke, and kidney disease.

Nearly one in three U.S. adults has high blood pressure

Lowering your blood pressure to acceptable levels can decrease your risk of:

Stroke by 35-40%
Heart attack by 20-25%
Heart failure by 50 %

Nearly one third of the people with high blood pressure do not know they have it.

Ten Questions Women Should Ask Their Doctor

- What are my risk factors for heart disease?
- Am I at risk for stroke?
- What are the warning signs of heart attack or stroke?
- What should I know about the effects of menopause on my health?
- Do I need to gain or lose weight for my health?

- What is a healthful eating plan for me?

Cardiovascular disease is public enemy No. 1, claiming the lives of more women than the next six causes of death combined—almost twice as many as all forms of cancer.

- What kind of physical activity is right for me?
- What is my blood pressure and is that healthy for my age?
- What is my cholesterol and is it healthy?
- Based on my history and risk factors, what can I do to lower my risk of heart disease and stroke?

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Know Your Numbers!

Total Cholesterol	<200
LDL Cholesterol	<100
HDL Cholesterol	>50 (W) / > 40 (M)
Triglycerides	<150
Blood Pressure	<120/80
Fasting Blood Sugar	<100
Body Mass Index	<25(W) / <30 (M)
Waist Size	<35 in. (W) / 40 in (M)

FEBRUARY IS AMERICAN HEART MONTH

Every year, the American Heart Association designates February to be American Heart Month. It's a time for learning about cardiovascular health, about risk factors, about warning signs of heart attack and stroke. It's a time to look at your lifestyle choices and determine whether you need to make any changes for your own heart health.

This Web site is rich with information about the nation's number-one killer of men and women—heart disease—and the number-three killer—stroke. Learn your risk factors. Learn what you can do to reduce your risk. Go to www.americanheart.org

American Diabetes Alert Day March 24, 2009

SOUND THE ALERT! ARE YOU OR SOMEONE YOU LOVE AT RISK FOR DIABETES?

The American Diabetes Association has designated March 24, 2009 Diabetes Alert Day and is encouraging everyone to take the Diabetes Risk Test. Why is this important?

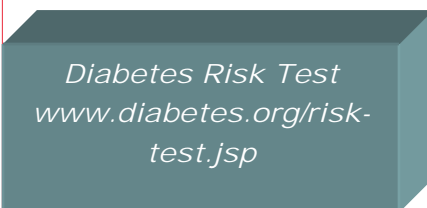
- At least 23 million children and adults have diabetes;
- One-fourth don't know it;
- One in five of us are at risk for developing Type II Diabetes.

For many, diagnosis may come 7-10 years after the onset of the disease. So early diagnosis is critical to treatment and delaying or preventing some of the

complications like heart disease, kidney disease, blindness, stroke, and death.

Everyone who is overweight, not very active, and over the age of 45 years should consider themselves at risk. African Americans, Latinos, and Native Americans and those with a family member with diabetes are at higher risk.

So take the Diabetes Risk Test and



if you are at risk schedule an appointment with your health care

provider. Talk to them to learn what you can do to prevent developing diabetes.

Studies show that people with pre-diabetes can prevent the development of Type 2 Diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood sugar levels to the normal range. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight produced a 58% reduction in diabetes.

The American Diabetes is developing material that will help people understand their risks for pre-diabetes and what they can do to halt the progression to diabetes.

www.diabetes.org

Signs and Symptoms of Diabetes

The most common form of diabetes is Type 2. In this form of diabetes either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin take the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells it can cause two problems: your cells may be

starved for energy or, over time, high blood glucose levels may hurt your eyes, kidneys, nerves, or heart.

What are the symptoms of diabetes:

- Increase in thirst, appetite, or urination
- Unexplained weight loss
- Fatigue
- Irritability
- Blurry vision

Finding out you have diabetes can be scary. Type 2 diabetes is a serious disease but people with diabetes can live long, healthy lives. Making healthy food choices, exercising, and losing those extra pounds are the cornerstones of living well with diabetes.

Go to

www.diabetes.org

to learn more about how to live with diabetes.

Risk Factors for Colon Cancer

A family history of colon cancer
Family history of colon polyps
Ethnic background—Jewish people of Eastern European descent
Personal history of colon polyps
Personal history of inflammatory bowel disease
Age over 50 years
Obesity and Diabetes

Diet mostly from animal sources
Smoker
Heavy use of alcohol
Possibly working night shift for most of your life

Men and women over the age of 50 should have a screening test for colon cancer.





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Our Mission Statement:

Family Medical Associates of Raleigh believes that medicine is an art as well as a science. We are committed to delivering quality healthcare to the whole person. We partner with our patients to provide a medical home that is respectful, compassionate, accessible, and comprehensive.

NEW ADD CAMPAIGN URGES HEALTH CARE REFORM

The American Cancer Society Cancer Action Network (ACS CAN) has launched a major initiative to make the issue of access to health care a state and national priority. From passing laws improving access to life-saving screenings to ensuring the ongoing development of new cancer treatments, ACS CAN is dedicated to making meaningful access to health care a reality. The American Medical Association is supporting this initiative.

Facts About Health Care Access

- *In 2006, 47 million people were without health insurance coverage;*
- *In 2006, annual insurance premiums for employer provided coverage averaged \$4,242 for individuals and \$11,480 for families.;*
- *Family health insurance premiums have risen 87% since 2000 but median family incomes have increased by only 11 %;*
- *1/3 rd of families now report problems with medical bills or medical debt*
- *25% of people reported that they used up all of their savings dealing with cancer;*
- *51% of people think cancer is the most important disease the government should address.*

To find out more about this campaign and how you can get involved visit the American Cancer Society website at www.cancer.org and click on **Access to Health Care**.