

Heart Healthy

American Heart Association

Have a Healthier Heart and Live Better with 'Life's Simple 7'

"LIFE'S Simple 7" is a list of basic guidelines designed by the American Heart Association to achieve its goal of improving the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent by the year 2020.

The novel focus of the goal is preventing heart disease and stroke, most notably by helping people identify and adopt healthier lifestyle choices. This is the first time the American Heart Association adopted better health as a principle goal.

"Of all the treatment strategies that work for heart disease and stroke, the best treatment is to avoid disease altogether," said Kathy Magliato, MD, Board President, American Heart Association Greater Los Angeles Division. "Prevention should be a cornerstone of healthcare reform, a priority of our state and local legislatures, incorporated into our workplace policy, in our schools and our community environments, and a big part of our everyday lives. The American Heart Association is clearly focusing not only on reducing the burden of disease but, more importantly, on prevention of disease."

For the first time, the American Heart Association has defined what it means to have ideal cardiovascular health, identifying seven health and behavior factors that impact health and quality of life.

For the 2020 impact goal, the association categorized cardiovascular health as poor, intermediate or ideal – depending on where people are in each of the seven areas. Ideal cardiovascular health for adults is defined by the presence of these seven health measures, known as Life's Simple 7.

1. GET ACTIVE

The facts are clear: By exercising for as little as 30 minutes each day you can reduce your risk of heart disease. Without regular physical activity, the body slowly loses its strength and ability to function well.

Regular physical activity helps lower blood pressure, increase HDL "good" cholesterol, control blood sugar by improving how your body uses insulin, reduce feelings of stress, control body weight and make you feel good about yourself.

The American Heart Association suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise, or a combination of both. Physical activity is anything that makes you move your body and burns calories, such as climbing stairs or playing sports. Aerobic exercises benefit your heart, such as walk-

ing, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

Making small choices throughout the day like taking the stairs instead of the elevator or choosing the furthest parking spot will get you on the right track to heart healthy living.

2. CONTROL CHOLESTEROL

Cholesterol is an important part of a healthy body but too much cholesterol in the blood is a major risk for coronary heart disease and for stroke.

It's important for all people to know their cholesterol level. Total blood cholesterol is the most common measurement of blood cholesterol. It's the number you receive as test results. Cholesterol is measured in milligrams per deciliter of blood (mg/dL). A cholesterol level of 200 mg/dL or higher puts you in a high-risk category and is cause to take action.

The good news is, you can lower your cholesterol and reduce your risk of heart disease and stroke. Whether you've been prescribed medication or advised to make diet and lifestyle changes to help manage your cholesterol, carefully follow your doctor's recommendations. To keep your cholesterol under control The American Heart Association recommends that you: schedule a screening, eat foods low in cholesterol and saturated fat and free of trans fat, maintain a healthy weight, and stay physically active.

3. EAT BETTER

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often. The American Heart Association recommends that you eat a wide variety of nutritious foods daily from each of the basic food groups.

Vegetables and fruits are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (salmon, trout, and herring) may help lower your risk of death from coronary artery disease. Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select fat-free, 1 percent fat, and low-fat dairy products.

Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Aim to eat less than 300 milligrams of cholesterol each day. Choose and prepare foods with little or no

salt. Aim to eat less than 1500 milligrams of sodium per day.

The American Heart Association recommends that you eat a wide variety of nutritious foods daily from each of the basic food groups. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often.

4. MANAGE BLOOD PRESSURE

Hypertension is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It is sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet, about 21 percent don't even know they have it. Of those with high blood pressure, 69 percent are receiving treatment, yet, only 45 percent have their blood pressure controlled.

The good news is that high blood pressure is manageable. Even if your blood pressure is normal (less than 120 mm Hg systolic AND less than 80 mm Hg diastolic) and your goal is prevention only, the lifestyle modifications provide a prescription for healthy living. These changes may reduce your blood pressure without the use of prescription medications: eating a heart-healthy diet, which may include reducing salt; enjoying regular physical activity; maintaining a healthy weight; managing stress; limiting alcohol; avoiding tobacco smoke.

5. LOSE WEIGHT

Among Americans age 20 and older, 145 million are overweight or obese (BMI of 25.0 kg/m² and higher). That's 76.9 million men and 68.1 million women. This is of great concern especially since obesity is now recognized as a major, independent risk factor for heart disease. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes.

If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. When coming up with a fitness and nutrition plan to lose weight, it's crucial to understand your recommended calorie intake. And then the amount of food calories you're consuming verses the energy calories you're burning off with different levels of physical activity. It's a matter of balancing healthy eating (caloric energy) with the (molecular) energy that leaves your body through a healthy level of exercise.

Body mass index or BMI assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people. To calculate your exact BMI value, multiply your weight in pounds by 703, divide by your height in

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inches, then divide again by your height in inches.

6. REDUCE BLOOD SUGAR

The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. In fact, adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes.

Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die of some form of heart or blood vessel disease.

Diabetes can cause your blood sugar to rise to dangerous levels. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into our bodies' cells.

Pre-diabetes and subsequent type 2 diabetes usually results from insulin resis-

tance. When insulin resistance or diabetes occur with other CVD risk factors (such as obesity, high blood pressure, abnormal cholesterol and high triglycerides), the risk of heart disease and stroke rises even more.

Controlling glucose can slow the progression of long-term complications. Often, many small changes add up to surprising improvements in diabetes control, including less need for medication.

When diabetes is detected, a doctor may prescribe changes in eating habits, weight control, exercise programs and medication to keep it in check. It's critical for people with diabetes to have regular check-ups. Work closely with your healthcare provider to manage your diabetes and control any other risk factors. For example, blood pressure for people with diabetes should be lower than 130/80 mm Hg.

7. STOP SMOKING

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of

fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

Smoking by itself increases the risk of coronary heart disease. When it acts with the other factors, it greatly increases your risk from those factors, too. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Your risks increase greatly if you smoke and have a family history of heart disease. Smoking also creates a higher risk for peripheral artery disease and aortic aneurysm. It increases the risk of recurrent coronary heart disease after bypass surgery, too.

During the quitting process, people often slip and have a cigarette. It's important not to feel like you failed at quitting; just give it another chance. If you need more support, look for quit-smoking programs through hospitals and many states have hotlines with trained staff to help you with quitting.

Parents should talk to kids about cigarette smoking. Once cigarette smoking is initiated, it can be difficult to stop, even during adolescence.

While "Ideal" health can be difficult to achieve, in part because genetics can play an important role in several of the health factors, the American Heart Association said everyone should strive to reach his or her optimal level of heart health.

"These seven simple measures have one unique thing in common: any person can make these changes and the steps are not expensive to take," said Freny Mody, MD, My Life Check Chair and Board Member, American Heart Association Greater Los Angeles Division. "The payoff here is that even modest improvements to your health can greatly impact your quality of life and life span."

To find out how healthy you are, the American Heart Association developed a new health assessment tool called My Life Check at www.heart.org/mylifecheck. It will give you an overall health score and create an action plan to move you closer to your individual health goals.

Little Known Facts About the Human Heart

FEBRUARY is American Heart Month, when we are supposed to pause and consider whether or not we are taking proper care of this vital organ that pumps blood throughout our bodies to keep us alive. But the heart is also a largely misunderstood organ. Below are some little known facts that may give you yet more reasons to make sure you're taking care of your heart!

- The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.
- Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.
- A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- The heart pumps blood to almost all of the body's 75 trillion cells. Only the corneas receive no blood supply.

- During an average lifetime, the heart will pump nearly 1.5 million gallons of blood—enough to fill 200 train tank cars. The volume of blood pumped by the heart can vary over a wide range, from five to 30 liters per minute.
- Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
- Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
- The fetal heart rate is approximately twice as fast as an adult's, at about 150 beats per minute. By the time a fetus is 12 weeks old, its heart pumps an amazing 60 pints of blood a day.
- Five percent of blood supplies the heart, 15-20% goes to the brain and central nervous system, and 22% goes to the kidneys.



- The "thump-thump" of a heartbeat is the sound made by the four valves of the heart closing.
- The heart does the most physical work of any muscle during a lifetime. The power output of the heart ranges from 1-5 watts. While the quadriceps can produce 100 watts for a few minutes, an output of one watt for 80 years is equal to 2.5 gigajoules.
- The heart begins beating at four weeks after conception and does not stop until death.
- A newborn baby has about one cup of blood in circulation. An adult human has about four to five quarts which the heart pumps to all the tissues and to and from the lungs in about one minute while beating 75 times.
- The heart pumps oxygenated blood through the aorta (the largest artery) at about 1 mile (1.6 km) per hour. By the time blood reaches the capillaries, it is

- moving at around 43 inches (109 cm) per hour.
- Prolonged lack of sleep can cause irregular jumping heartbeats called premature ventricular contractions (PVCs).
- Some heavy snorers may have a condition called obstructive sleep apnea (OSA), which can negatively affect the heart.
- The drug cocaine affects the heart's electrical activity and causes spasm of the arteries, which can lead to a heart attack or stroke, even in healthy people.
- A woman's heart typically beats faster than a man's. The heart of an average man beats approximately 70 times a minute, whereas the average woman has a heart rate of 78 per minute.
- Blood is actually a tissue. When the body is at rest, it takes only six seconds for the blood to go from the heart to the lungs and back, only eight seconds for it to go to the brain and back, and only 16 seconds for it to reach the toes and travel all the way back to the heart.

What Is the American Heart Association?

THE American Heart Association and its division, American Stroke Association, is the largest voluntary health organization fighting heart disease, stroke and other cardiovascular diseases, which are the leading causes of death in the country, killing over 831,000 Americans each year. It was founded in 1924 and today is one of the world's premier health organizations.

The Association's mission is to build healthier lives, free of cardiovascular diseases and stroke. Its 2020 Impact Goal is to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

The American Heart Association is saving lives through its million-dollar investments in research, which has yielded

many important breakthroughs. Research the Association has funded has contributed to many important developments including CPR, life-extending drugs, bypass surgery, pacemakers and surgical techniques to repair heart defects.

The Association is in your hospitals and doctors' offices, ensuring that you and your loved ones are getting the highest quality of care, prevention and treatment for cardiovascular disease and its risk factors.

The American Heart Association and its vast network of community advocates are also at the forefront of advocacy efforts, pushing for smoke-free restaurants, hotels and schools; advocating for fitness and wellness programs in schools to prevent childhood overweight and obesity; and fighting for improved systems of care for

heart disease and stroke patients.

The Association also works to train our local healthcare professionals and non-medical residents in such life-saving procedures as CPR, First Aid and AED.

The Association is also at the heart of the community, creating awareness of the warning signs of heart attack and stroke and educating the public about the importance of early prevention and treatment to reduce death and disability from cardiovascular disease.

- Through cause initiatives, the AHA is:
- Fighting heart disease in women through the Go Red For Women movement
 - Working to put an end to sedentary lifestyle and start a culture of physical activity and health in the workplace and the community through Start!
 - Encouraging people to exercise their

Power To End Stroke

- Fighting childhood obesity to create a healthier generation of Americans.

The AHA is also in our children's schools, teaching them at a young age about health and fitness and giving them the tools to fight obesity. The Association is even in our grocery stores with our heart checkmark to help you make heart-healthy food choices.

The association works hard to bring our message to all segments of our community through programs, like church-based Search Your Heart, which has reached thousands of Latinos, Asians and African Americans.

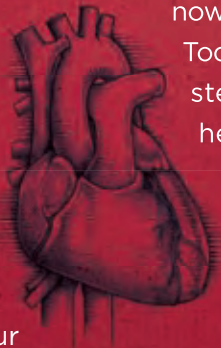
To learn more about the American Heart Association, visit www.heart.org.

YOUR DOCTOR TELLS YOU
 THAT 20% OF YOUR HEART
 IS IRREVERSIBLY DAMAGED.
 THE OTHER 80% SKIPS A BEAT.

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The news is crushing. You have so many questions. Do I need surgery? I've never even had stitches. What do I tell my kids? As you stare out the window, it's your family's hearts you're worried about.

At the Cedars-Sinai Heart Institute, we know that one heart condition affects many hearts. That's why we offer our patients the most progressive treatment options available. For



decades, our experts have been pioneering techniques that are now used throughout the world. Today, we're developing cardiac stem cell therapy that could heal damaged heart muscle.

We never stop working to improve our patients' lives. That's why Los Angeles residents have voted Cedars-Sinai the most preferred hospital for over 20 years.*



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*National Research Corporation Healthcare Market Guide (independent study)