

Prevention:



Prevent Hypertension:

- Controllable with diet and drugs
- Lifestyle changes
- Monitor blood pressure
- Reduce salt intake
- Stop tobacco use
- Perform physical activity
- Weight Control

Prevent High Cholesterol:

- Take prescribed medication
- Cholesterol Screening
- Perform physical activity daily
- Increase amount of vegetables, fiber and complex carbohydrates
- Reduce total fat intake
- Reduce animal (saturated) fat intake

Prevent Diabetes:

- Follow a diabetic diet
- Reduce weight
- Take anti-diabetic medications
- Monitor glucose levels



Eating Habits:

- Maintain and achieve healthy weight
- Monitor calorie intake
- Prepare and eat smaller meals
- Reduced high in fats
- Increased dietary fiber by eating beans, whole grain, fruit and vegetables
- Reduce salt intake
- Remove skin from poultry and use lean cuts meat



Physical Activity:

- At least **30 minutes** of moderate physical activity
- Weight training twice a week
- Example of moderate exercise activity:
 - Swimming
 - Walking
 - Hiking
 - Biking



Rest & Relaxation: Yoga-Based Lifestyle Intervention

- Regular Practice of *pranayama* and meditation improved cardiovascular metabolic status.
- Yoga postures (specifically *suryanamaskar*) resulted in cardiorespiratory fitness
- Yoga improved adiponectin level, serum lipids, and metabolic syndrome risk factors in obese postmenopausal women.
- Yoga is known to induce relaxation via lowering of cortisol and increasing the level of beta-endorphins.



Tobacco Cessation Program:

- Smoking Cessation medications
- Nicotine Replacement Therapy

This brochure is only a medium to increase people's awareness. It is not intended to take the place of a visit to a qualified health care provider.

Medical consult with physician is still best.

Free & Low Cost Health Resources

These resources are suggested by the Hillsborough Township Health Department. *If there is an emergency please call 911*

Zufall Health Center: (908) 526-2335 | www.zufallhealth.org

Neighborhood Health Services Corporation (*Plainfield)
(908) 753-6401 | www.nhscnj.org

Zarepath Health Center: (732) 537-0737 | www.zhcenter.org

RWJ Physician Enterprise Somerset Family Practice
(908) 685-2900 | www.rwjpe.com/locations/RWJPESomersetFamilyPractice

Hillsborough Health Department Clinics
(Includes flu shot, rabies, child health, and health fair
(908) 369-5652 | www.hillsborough-nj.org/departments/health-new

Center for Disease Control and Prevention
(800) 232-4636 | www.cdc.gov

***Federally Qualified Health Center**- a national health care facility that accepts health insurance including Medicare and Medicaid, and provides adjusted fees for services according to income.

QuitNet: Smoking Cessation: quitnet.meyouhealth.com/#/

Richard Hall Community Mental Health Center
(908) 231-7000 | www.co.somerset.nj.us/government/human-services/mental-health

Smokefree.gov: www.smokefree.gov

Senior Wellness Exercise Classes & Activities:
Hillsborough Township Social Services:
(908) 369-3880 | www.hillsborough-nj.org/departments/social

Somerset Treatment Services: Treatment and prevention for anger management, substance use, psychiatric services, women's services.etc. (908) 722-1232
www.somersetreatmentservices.org.

Community Programs offered by the Local Hospitals:
www.hunterdonhealthcare.org/calendar

www.rwjuh.edu/rwjuh/events.aspx?calendar=y

www.princetonhcs.org/phcs-home/who-we-serve/community/community-education-amp-outreach/whats-happening.aspx

Heart Health Information: www.heart.org



Risk Factors for Heart Disease Awareness Project

for

Township of Hillsborough,
New Jersey



In collaboration with:
Hillsborough Township Health Department
and RVCC Nursing Students

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Trends in Nursing Project
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Risk Factors for Heart Disease



High Blood Pressure

Know what your BP number means!

Systolic (Top Number) Diastolic (Bottom Number)

Normal: Less than **120** and Less than **80**

Prehypertension: 121-139 over 80-89

High Blood Pressure: 140-159 over 90-99
(Hypertension Stage 1)

High Blood Pressure: 160 or Higher over 100 or Higher
(Hypertension Stage 2)

Hypertensive Crisis: Higher over Higher
(Emergency Care Needed!) than 180 than 110

Source: heart.org/HEARTORG/Conditions/HighBloodPressure

Diabetics: Elevated Risk is a BP above 130/80



Diabetes: High Blood Sugar

Heart disease death rates among adults with diabetes are 2-4 times higher than the rates for adults without diabetes. (Source: Today's Dietitian, 2014)

Types of Diabetes:

Type 1: lack of insulin

Type 2: the body don't use the insulin properly

Pre-Diabetes: High blood glucose but lower than that is considered diagnostic for diabetes

Gestational Diabetes: diabetes during pregnancy

Know Your Numbers!

Ⓜ Normal Blood Glucose: 70 to 125mg/dL

Ⓜ Fasting Blood Sugar: <126mg/dL

Ⓜ Oral Glucose Tolerance Test: <200 mg/dL

Ⓜ Random glucose: <200mg/dL

Ⓜ A1C: <6.0%

Source: Medical Surgical Nursing- 9th edition



High Blood Cholesterol

High blood cholesterol strongly increases your chances of having a heart attack or developing cardiovascular disease.

Recommended Levels:

(source: Medical Surgical Nursing 9th Edition)

Cholesterol < 200 mg/dL

Triglycerides < 150 mg/dL

HDL "Good Cholesterol" >40mg/dL >50mg/dL

LDL "Bad Cholesterol" < 100 mg/dL

Total Cholesterol = Your Cardiovascular Risk

HDL Ratio:



Lack of Physical Activity & Relaxation

Obesity is associated with metabolic imbalance leading to dyslipidemia, diabetes, hypertension and cardiovascular diseases (CVD).

Lifestyle modifications aiming at **weight reduction by physical activity, dietary changes, breathing exercises and stress relaxation have a specific role in the management as well as prevention of chronic diseases.** (Source: Sarvottam & Yadav: Yoga-Based Intervention for obesity related CVD)



Tobacco Smoking

• **Smoking** cause the majority of CHD events among smokers in all age groups.

• **Nicotine** releases catecholamine, which are neurohormones that cause increase in heart rate and blood pressure and vasoconstriction.
- This increases work load for the heart. **Smoking releases oxygen radicals that add to vessel inflammation and thrombosis.** To add to these insults to the body, carbon monoxide competes with oxygen in the hemoglobin. This results in decrease oxygen availability for the myocardium.

(Source: Lewis, Dirksen, Heistkemper, Bucher, 2014)

Did You Know?

- About 86 million American adults (34%) with high blood pressure—that's 1 in every 3 adults. (Source: American Heart Association)
- 68% of people aged 65 and older with diabetes die from some form of heart disease and 16% die of stroke. (Source: today's dietitian, 2014)
- Yoga-Based Lifestyle Intervention can effectively prevent and retard the progression of cardiovascular and metabolic disorders. (Source: Sarvottam & Yadav: Yoga-Based Intervention for obesity related CVD)
- CHD events caused by smoking also occur in young adults, defined as age 40 to 49 years. This finding does not support the standard belief that smoking-related CHD does not occur until old age. (Source: Lewis, Dirksen, Heistkemper, Bucher, 2014)

Heart attack symptoms

Men v.s Women



(Source: American Heart Association)

How is your H.E.A.R.T?

Risk Factors for Heart Disease Awareness

Project for Township of Hillsborough, NJ

H-High Blood Pressure, Cholesterol & Sugar

E-Eating Habits

A-Activity Level

R-Relaxation When Stress

T-Tobacco Smoking

Presented by: RVCC Nursing Students
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Poor Eating Habits:

Diets filled with too much salt and not enough vegetables, fruits and whole grains contributed to 400,000 deaths in 2015 from heart and blood vessel diseases.

The researchers found **low intake of nuts and seeds** was linked to 11.6 percent of deaths, **low vegetable intake** was linked to 11.5 percent of deaths and **low intake of whole grains** was tied to 10.4 percent of deaths. **Excess salt** was linked to 9 percent of deaths. (Source: American Heart Association)