

A WOMAN'S HEART

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Women's
Healthy
Heart
Initiative

Centre universitaire
de santé McGill



McGill University
Health Centre

Women's Risk of Heart Disease?

- **One in 4 women die of HD-** too many women do not know this.
- More women die of HD than breast, uterine and ovarian cancer together.
- After a heart attack women get less information about HD risks than men.
- **More women than men die within 1 year of a heart attack**
- Diabetes is a more potent risk in women than men.
- Both pregnancy gestational Diabetes & high blood pressure increases risk later in life.
- Many women are not aware of what HD disease symptoms to look for.

Important Numbers?

“Heart Disease is a largely preventable disease”

- Blood pressure
- Cholesterol
- Diabetes
- Obesity- BMI & waist circumference
- Physical Activity
- Alcohol
- Smoking

Blood Pressure?

- Normal values- 130/80 or lower
- High Blood pressure risks- stroke, heart failure
- “Silent killer”
- Accurate measurement challenging

Lifestyle- less salt, regular physical activity, moderate alcohol, weight loss,
take your medications

Cholesterol

- Low density Lipoprotein (LDL-C) *bad* chol.
2.5mmol/l optimal 4.1 -4.8 high
apoB : 0.80-1.20 g/l >1.05 high
- High Density Lipoprotein (HDL) *good* chol.
1.5 or > protective
- Triglycerides (TG): the most common type of fat in the body.
>1.50 elevated

Cholesterol

- Lifestyle- Eat less 'bad' saturated fat- Mediterranean Diet- good fats
- Weight Loss- Fad diets- Eat less & Eat better!
- Take your medications

Diabetes

- Random sugar- 3.9-11.0
- HGBA1C- normal is 6.0 or less: Diabetes- 7.0+
- 50% higher risk of heart disease
- Type 11- diet and physical activity

Lifestyle- Avoid obesity & Regular physical activity

Obesity- BMI and Waist Circumference

- Body Mass Index
normal- 18.5-24.9; overweight- 25-29.9; obesity- >30
- Waist circumference
abdominal obesity- Normal: women- 35 inches

Lifestyle- Watch your weight- weight creep.....

Physical Activity

- 150 minutes per week *or more*; personal preference
- Aerobic, muscle strengthening and resistance combo
- Any physical activity is better than no physical activity
- “Sitting is the new smoking” – move hourly

Smoking and Alcohol

- Smoking- Zero; vaping
- Maximum of 1- 1 ½ drinks per day

Making Changes

- Creating new behaviors is a *process*
- *Realistic expectations- 6 months to create a new habit- Cheating may be part of success- 80/20*
- *The Art of Negotiation*

Symptoms of a Heart Attack

Common symptoms may include:

- Uncomfortable pressure, fullness, burning, pressure or sensation in the chest
- Pain in the neck, chest, arms or back
- Unusual shortness of breath
- Nausea, vomiting, dizziness or sweating
- Unusual fatigue
- You may not feel all of these symptoms

Call 911

Stroke Symptoms

- Sudden weakness or numbness in face, arm or leg especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause

Call 911

Take Home Message

- Become more engaged in your heart health – Your Numbers Count!!
- Heart disease is largely a preventive disease.

Be a friend- Tell a friend !

Resources

- www.whhionline.ca
- Wear Red Day- February 2019
- WHHI Info session- Tuesday, November 20, 2018
- Red Dress Campaign- Heart and Stroke Foundation



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