

Risk Factors for Heart Disease



Risk Factors for Heart Disease

Non-modifiable

- Family History
- Age
- Gender
- Ethnicity
- Diabetes

Modifiable

- Smoking
- Physical Inactivity
- Obesity
- Excess Alcohol
- Stress
- High Blood Pressure
- High Cholesterol

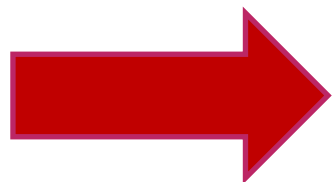


What is Blood Pressure?

- Blood pressure = **pressure of blood in your arteries**

Top number of reading = **Systolic**

The highest pressure reached when
your heart is pumping in the arteries



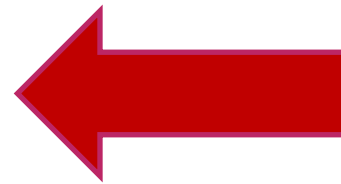
130

Bottom number of reading =

Diastolic

The lowest pressure reached when
your heart is relaxed in between
beats

80

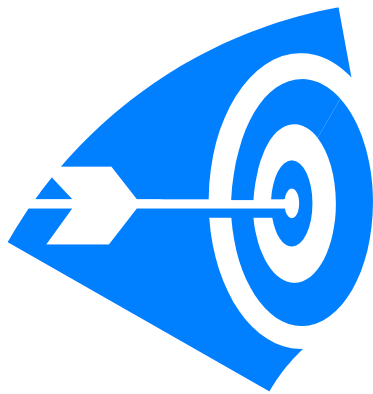


Why is high blood pressure bad for my heart?

- 1:10 people in the UK have undiagnosed high blood pressure – hypertension.
- Untreated high blood pressure can lead to an enlarged heart and cause the heart to beat less effectively.
- Untreated high blood pressure can lead to reduced heart function.
- Every 10mmHg reduction in systolic BP reduces the risk of a major cardiovascular event by 20%.



Target Blood Pressure



Below 130/80mm/HG

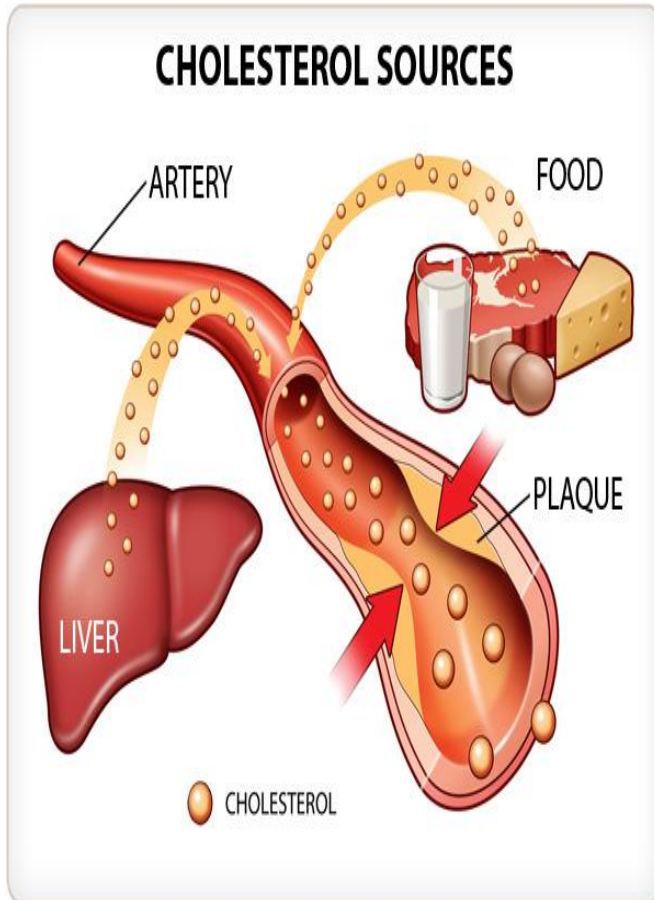


How can I lower my blood pressure?

- Increase physical activity
- Eat plenty of fruit & veg
- Take less salt
- Cut down on excess alcohol
- Reduce stress levels
- Medication



Cholesterol



How does it affect my heart?

- Causes atheroma (fatty substance) building up on artery walls; narrowing them.
- Reduces blood flow to the heart muscle increasing risk of cardiac events such as heart attack.

Sometimes high cholesterol is hereditary.



Cholesterol... what should it be?

- Ideally your total cholesterol would be below 4
- HDL cholesterol above 1-1.2
- LDL cholesterol below 2
- Triglyceride level below 1.7



How do I reduce my cholesterol levels?

- Reduce
 - Saturated and trans fat in your diet
 - Alcohol intake
- Increase (can raise the good HDL)
 - Exercise
 - Fibre
- High triglyceride levels can be reduced by fish oils
- Take cholesterol lowering medication (statins), these reduce risk of stroke or heart attack by $\frac{1}{4}$



Smoking



DOUBLES your chance of having a heart attack!!

How?

- Damages lining of arteries which means blood is more likely to clot
- **Carbon monoxide** reduces oxygen
- **Nicotine** makes the heart work harder and raises blood pressure



E-cigarettes / Vaping

- E-cigarettes are not harm-free, but likely to be considerably less harmful than tobacco.
- They may help you stop smoking, although most evidence is currently with licensed products and behavioural support offered by the NHS.
- The best thing you can do for your health is stop smoking: if e-cigarettes can help you do this, then we would encourage this.



How can I give up smoking?



- Its never too late!
- Evidence shows the most successful quitters use a combination of nicotine replacement therapy and some professional support.
- When you stop it reduces the risk after a year of another heart attack by half compared with a smoker.
- There are Smoking Cessation clinics provided across the region and pharmacies have trained Stop Smoking Advisers.

www.smokefreelifeberkshire.com



Obesity

- Being overweight can put you at higher risk of coronary heart disease.
- Carrying too much weight around your middle can increase your risk of developing heart disease, high BP, diabetes, certain cancers.

	Medium risk	High risk
Men	94cm / 37"	Over 102cm / 40"
Women	80cm / 31.5"	88cm / 34.5"
South Asian Men		90cm / 35"
South Asian Women		80cm / 31.5"



Weight reduction

Choose foods which are...

- Low in saturated fat
- High in Fibre
- Increase your intake of fruit and vegetables and..
- **GET ACTIVE!!**



Physical inactivity

Being too inactive can increase your risk for heart disease.

Increasing your physical activity can:

- Lower blood pressure
- Elevate GOOD cholesterol (HDL)
- Lower your stress levels
- Make you feel good!!



Anything which gets you moving more is GOOD

Aim for moderate aerobic activity
150 minutes a week

This can be split into 5 x 30 minute sessions per week.



Stress

- Does not directly cause a heart attack
- BUT...
- Long term stress can raise blood pressure
- Can lead to increase in other risk factors
- Can bring on angina
- Recognise your stress and anxiety: help and support is available from your nurse or GP also referral to Talking Health.

www.talkingtherapies.berkshire.nhs.uk

www.oxfordhealth.nhs.uk/talkingspaceplus



Excess alcohol

- Guidelines of 14 Units per week
- Don't save up your 14 units, try and spread evenly across the week
- Too much alcohol can cause:
 - abnormal heart rhythms
 - high blood pressure
 - damage to heart muscle
- Alcohol is high in calories and can lead to weight gain
- It can also cause other diseases such as stroke, liver problems and some cancers.



Summary

Take control of your risk factors:

- Don't smoke
- Get active!
- Eat a balanced diet
- If you take alcohol - drink in moderation
- Take time out for relaxation
- Take your prescribed cardiac medication
- Attend annual coronary heart disease checks at your GP surgery

