

HEART STEPS MODULE 1 :

Women Deserve Better Heart Health Care



Disclaimer

The information provided in this presentation is for educational purposes only and does not replace the advice from your medical doctor or health care practitioner.

The information provided is not treatment for any condition and is not a substitute for any current treatment plan you may be on.

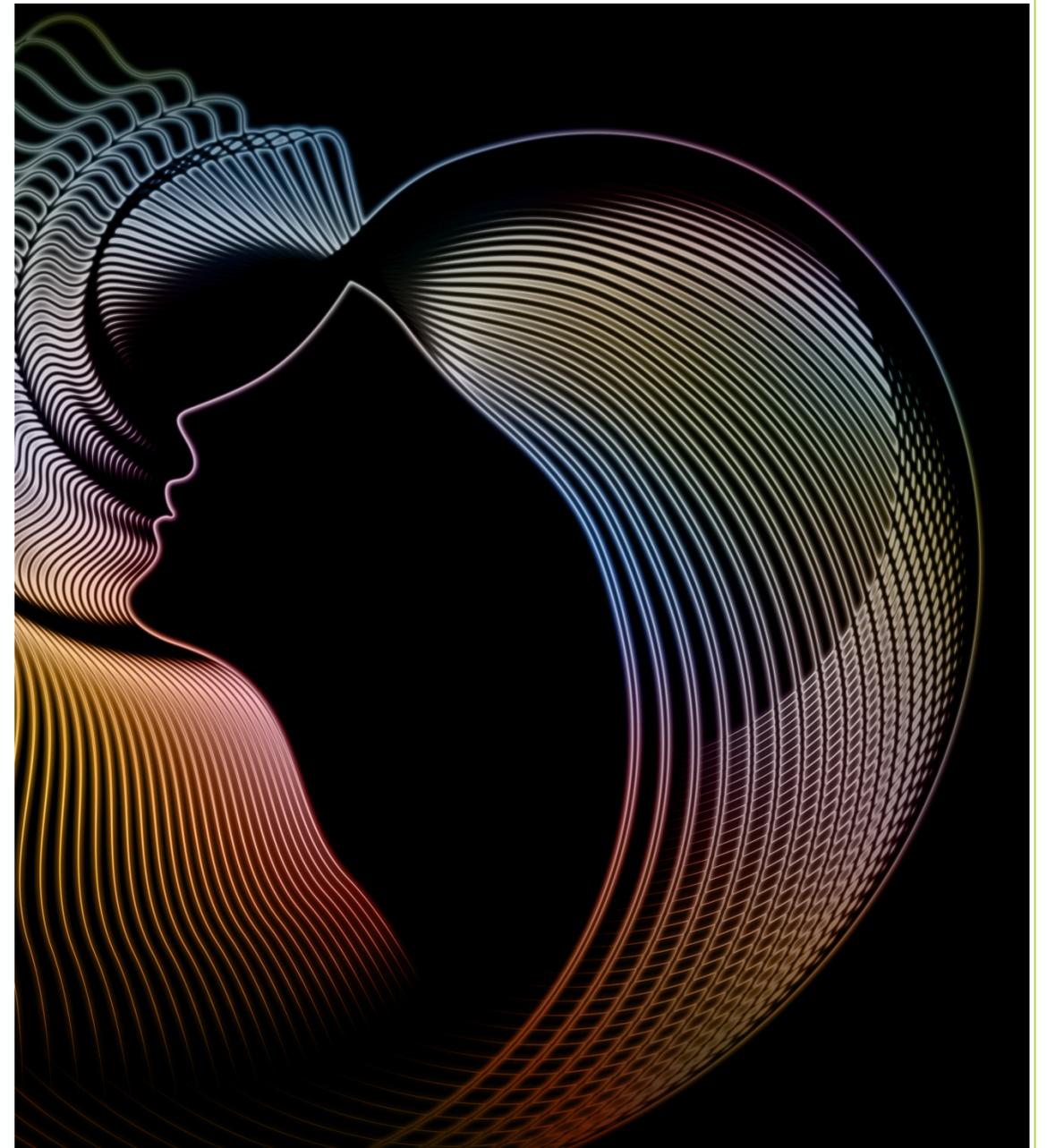
It is recommended that you always work with a qualified health care provider who understands your history and unique needs to help create a program that is safe for you.



We Need A New Paradigm

MODULE 1 OBJECTIVES:

- To understand why we need better advocacy for women's heart health care
- Learn about the myths and misconceptions around heart disease
- Understand Women - specific risk factors
- To share the importance of designing a longterm, big picture heart health strategy



Why we need a paradigm shift

1 in 3 women will die of heart disease

9 out of 10 women have at least 1 risk factor

64% of women who have had a heart attack
had **no previous symptoms**

In **78%** of women, early heart attack signs
are missed

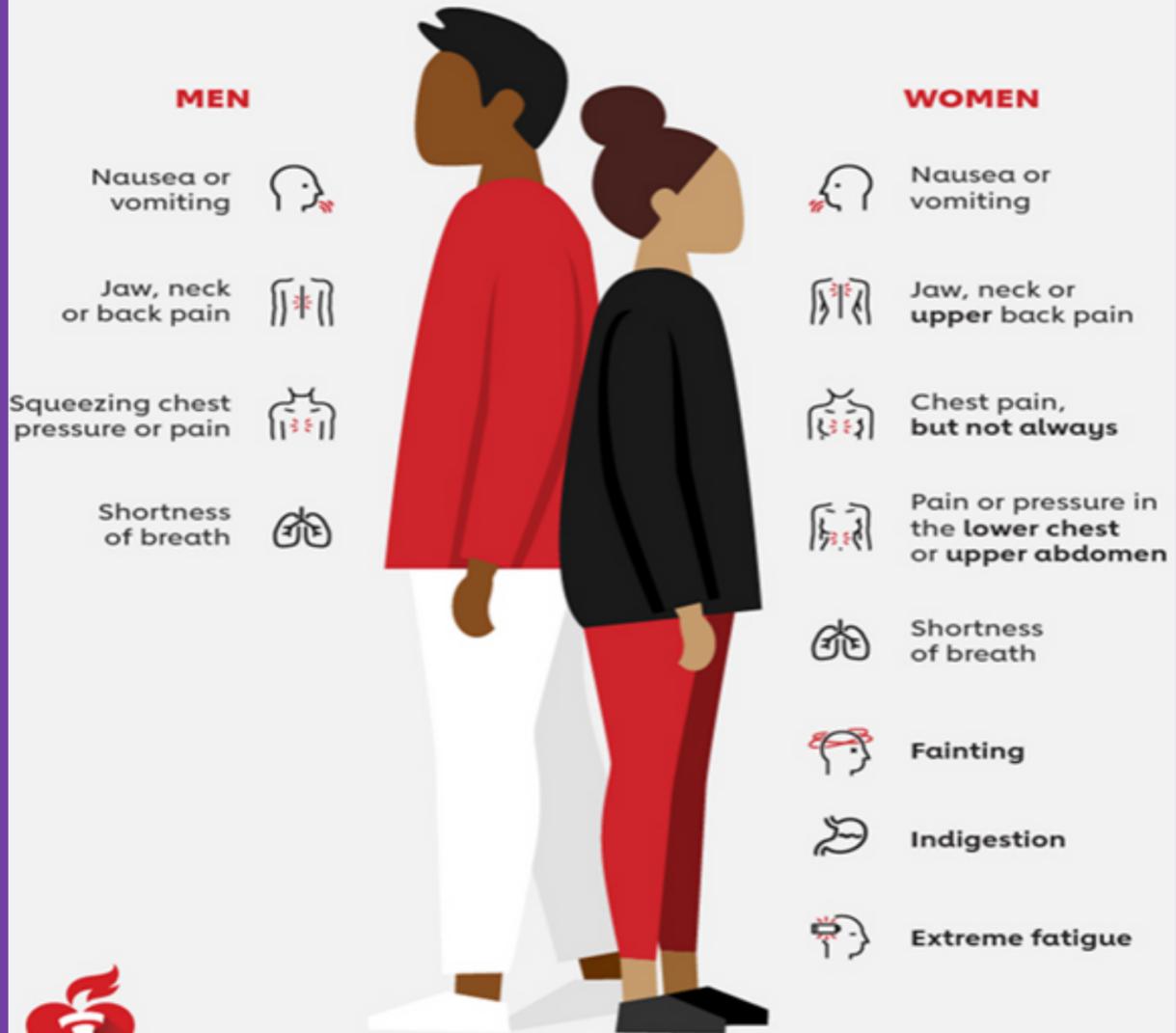


Heart & Stroke Foundation, 2018 Heart Report

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



Source: American Heart Association's journal, Circulation
Published April 4, 2019 | © 2019 American Heart Association, Inc.

MYTHS AND MISCONCEPTIONS

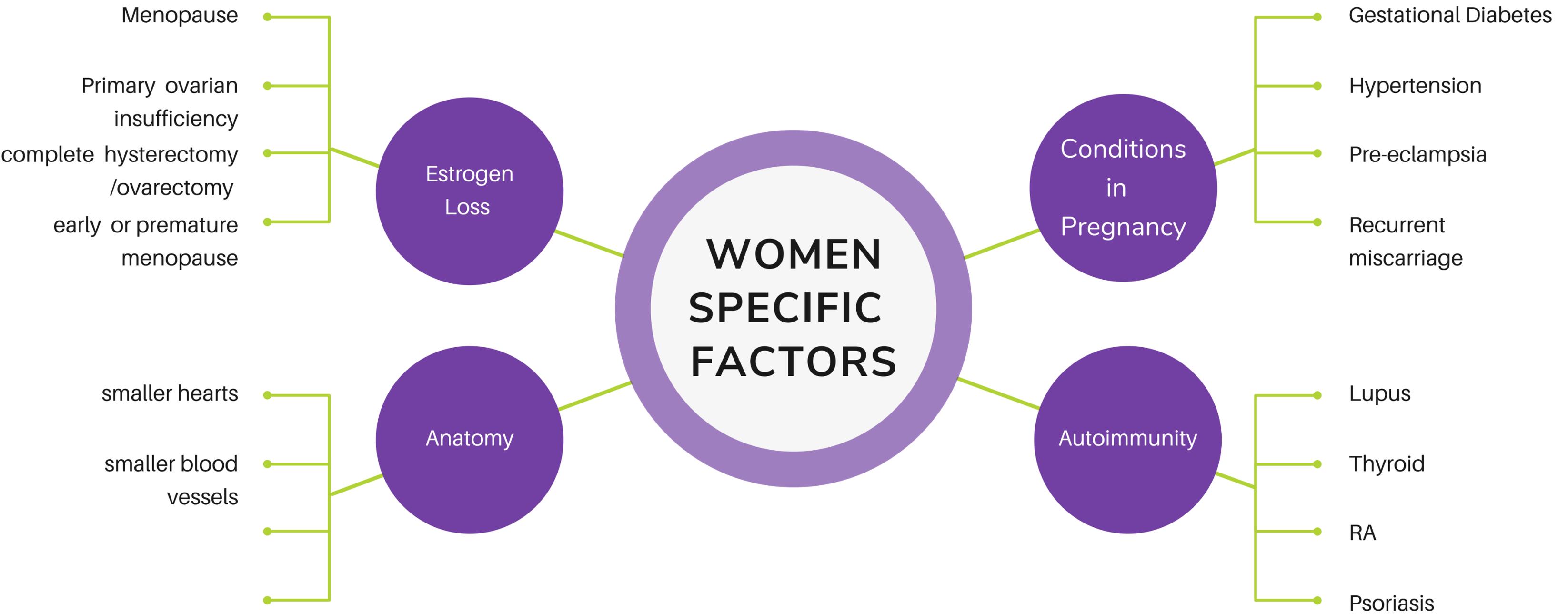
Heart attack symptoms are the same for men and women

Heart disease shows up the same for men and women

Heart disease is a cholesterol disease

Breast cancer is a bigger threat to women than heart disease

Diagnosis and treatment have no gender boundaries



A woman with long dark hair is holding a large, plush red heart. A white banner with a torn edge is placed across the middle of the heart. The banner contains the text "Conditions in Pregnancy" written in a black, cursive font. There are small red dashes above and below the text on the banner. The woman is wearing a light blue jacket. The background is a plain, light-colored wall.

Conditions in Pregnancy

Conditions in Pregnancy

- Pregnancy is a stress test on the heart
- Hypertension in pregnancy, gestational diabetes (GD), pre-eclampsia, low weight for gestational age, recurrent miscarriage
- GD - doubles the risk for cvd regardless of the development of diabetes
- There are no current recommendations for follow up postpartum missing the opportunity for early intervention

A person is holding a large, plush red heart. A white, brush-stroke style banner is overlaid across the middle of the heart, containing the text "Estrogen Loss" in a black, cursive font. There are small red dashes above and below the letters 'E' and 'L' in the text. The person holding the heart is wearing a light blue jacket, and their face is partially visible in the background.

Estrogen Loss

Estrogen Loss can lead to...

- tendency to higher blood pressure
- Tendency to higher LDL "bad" cholesterol and lower HDL "good" cholesterol, or HDL function
- increase in central body fat
- change in mood and vasomotor symptoms (hot flashes, night sweats)

Quick Tips

To reduce hot flashes and night sweats....



Reduce alcohol intake



Reduce/eliminate caffeine



Balance blood sugar



Exercise, meditation and gratitude help reduce hot flashes

A person is holding a large, plush red heart. A white banner with a torn edge is placed across the middle of the heart. The banner contains the text "Autoimmune Disease" written in a black, cursive font. There are small red dashes above and below the text on the banner. The person holding the heart is wearing a light blue jacket, and their face is partially visible in the background.

Autoimmune Disease

Autoimmune Disease

- Lupus, RA, Hashimoto's Thyroiditis are more common among women
- Low thyroid function (hypothyroidism) leads to elevated cholesterol and LDL levels, low heart rate, blood pressure vs elevated thyroid hormones (hyperthyroidism) can lead to elevated blood pressure and heart rate and can lead to dangerous heart rhythms if not treated
- chronic inflammation can impact endothelial function
- psoriasis - not just skin deep

A person is holding two large, red, heart-shaped cushions. The person's hands are visible at the top and bottom edges of the cushions. The background is a plain, light-colored wall. A white, torn-edge paper banner is overlaid across the center of the image, containing handwritten text.

80% —

of deaths due to premature heart
disease are Preventable

Keystone Lessons & Homework

- Understand that as a woman you have unique risk factors for heart disease and deserve a woman-specific approach.
- The signs/symptoms of a heart attack can be the same and can vary between men and women.
- Signs of heart disease are missed in the majority of women. Often the first sign of a heart disease is a heart attack. Prevention is key.
- Next Steps: Complete the "Connecting the Thoughts" worksheet, The "Red Flags" Checklist, and "Finding Your Why"