Farming & Ranching

After a Heart Attack, Stent, or Open Heart Surgery

Is Heart Disease a Risk?

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Heart Disease: Major Problem in US

- Heart disease #1 killer
- Coronary artery disease
  - Major form
  - Affects about 12 million Americans
- Heart Attack
  - 1.1 million affected each year
  - 460,000 deaths/year
  - Half die before reaching hospital

The State of Risk

- 2 out of 3 Americans are overweight or obese
- More than 70 million (nearly 1 in 4 Americans have varying degrees of insulin resistance
- There are an estimated 54 million (more than 1 in 6) Americans with prediabetes
- Nearly 1 in 4 U.S. adults has high cholesterol.
- 1 in 3 American adults has high blood pressure.

How Does a Heart Attack Happen?

- Coronary artery becomes blocked – usually by a clot.
- Blood flow is closed off and a heart attack begins.
- If blockage continues, parts of the heart muscle start to die.
- Heart may stop beating.

What Stops a Heart Attack?

- Quick action and medical treatment restore blood flow and save heart muscle.
- Dead heart muscle cannot be restored.

Importance of Rapid Treatment

- "Clot-busting" drugs break up clots, restoring blood flow.

- Angioplasty opens artery, restoring blood flow.
  - Balloon
  - Stent

- Ideally, treatments should be given within 1 hour after symptoms start.

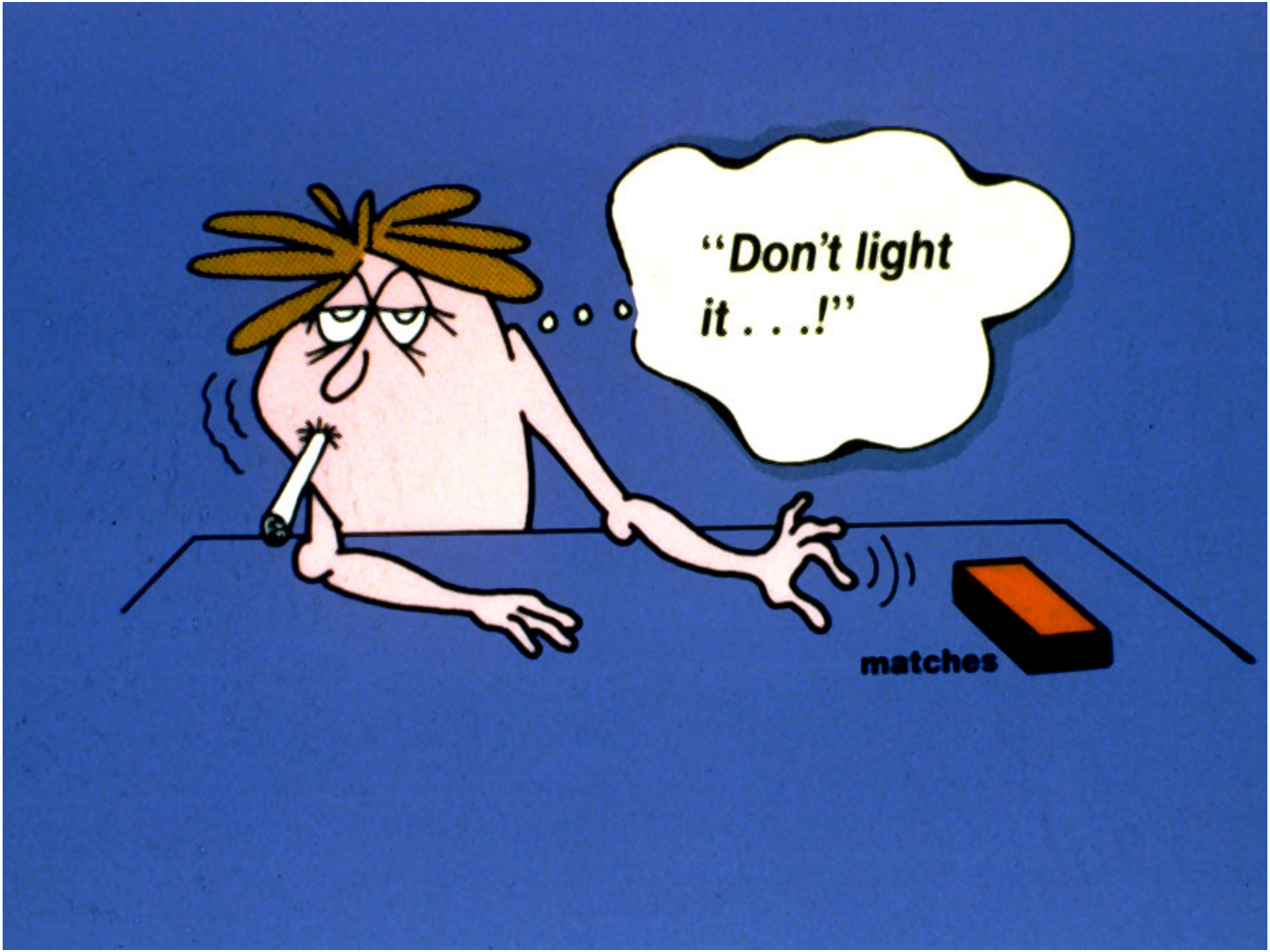
- The more heart muscle that is saved, the better the chance of survival.

Heart Attack Warning Signs

- Chest discomfort – pressure, squeezing, fullness, or pain in center of chest.
- Discomfort in one or both arms, back, neck, jaw, or stomach.
- Shortness of breath, may come before or with chest discomfort.
- Breaking out in a cold sweat.
- Nausea.
- Light-headedness.
- Symptoms may be vague and slowly intensify.
- Symptoms may be intermittent.

Call 911

- Delay is the biggest cause of not getting care fast.
- Brings emergency personnel who can –
  - Arrive fast & start medical care
  - Send info to hospital emergency room before the patient arrives
  - Restart or shock the heart if person goes into cardiac arrest


"Don't light it . . .!"
matches

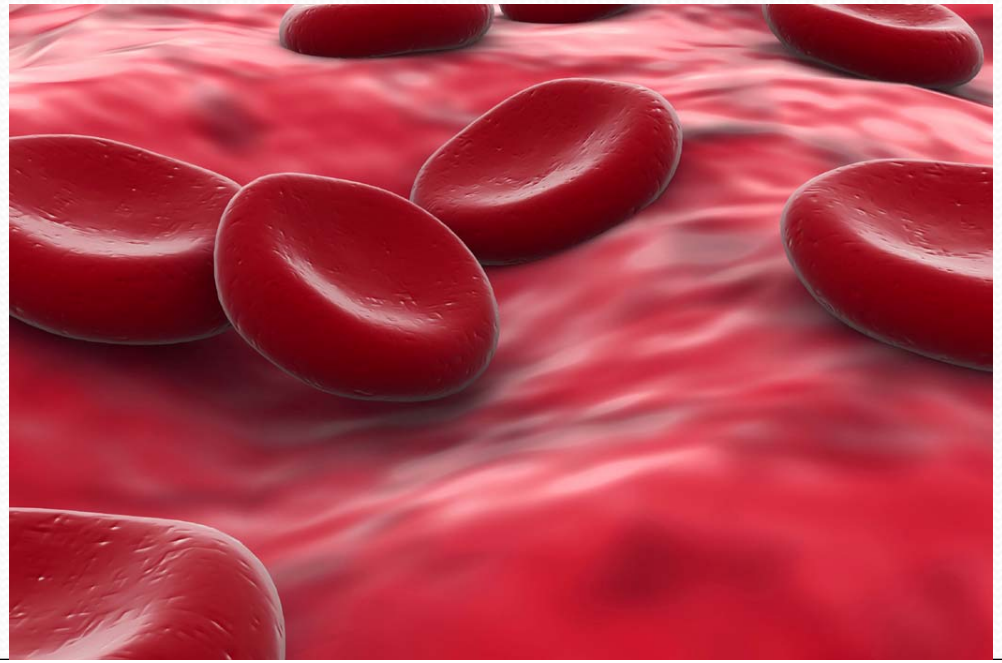
Smoking and Heart Disease

- Decreases HDL
- Increases blood clotting
- Decreases exercise impact to increase HDL

- Stopping at ANY age decreases new events by 50%

Lipids (Cholesterol)

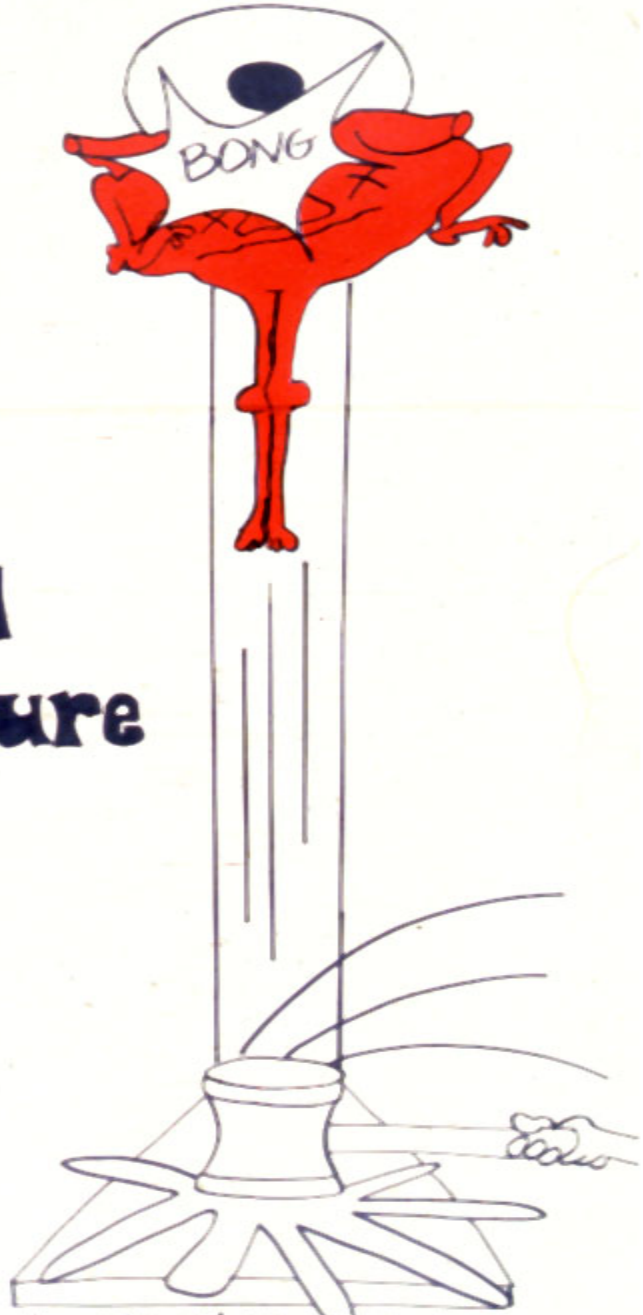
- LDL < 130
  - < 100 with significant risks for heart disease
  - < 70 with heart disease &/or diabetes
- HDL > 50 for women, > 40 for men
- Triglycerides < 150



To Improve Lipids

- Losing 20 pounds, if overweight, can decrease cholesterol 20 mg.
- Decreasing Saturated Fat can decrease cholesterol 20 mg.
- Increase Aerobic Exercise

High Blood Pressure



Adapted from Heart Attack! What Now?

New Blood Pressure Guidelines

- Optimal BP now <115/75!
  - Risk of cardiovascular disease doubles with each increase of 20/10
- 120-139/80-89 – Prehypertension
  - Lifestyle modification – Normal body wt. BMI < 25
  - DASH diet, exercise > 30 min/day, sodium reduction
- 140-159/90-99 – Stage 1 Hypertension
  - Lifestyle modification + meds
- > 160/100 – Stage 2 Hypertension
  - Lifestyle modification + 2 meds

Expending 2000 Calories/wk

- **Decreases Heart Disease 50%**
  - Paffenberger
- Walk 3 miles/day (20 miles/wk)
- Pedometer goal – 10,000 steps/day
- Bike 9 miles/day (60 miles/wk)
- Other Aerobic Activity 30-60 min/day

How Does Exercise Help Your Heart?

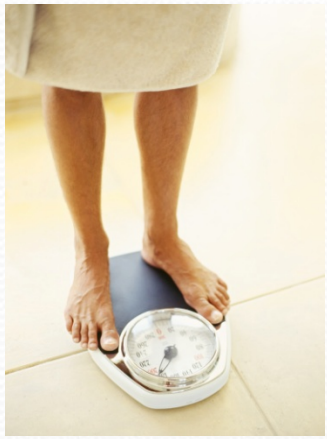
- Heart becomes stronger, more efficient
- Lungs become more efficient
- Decrease Cholesterol
- Decrease Triglycerides
- Increase HDL
- Increase Collateral Circulation

Excess Weight Predicts Death

- Excess Weight (BMI > 25) + Inactivity (< 3.5 hours exercise/wk) increases risk of death!
  - 50% of all adults
  - 31% of all premature deaths
  - 59% of deaths from cardiovascular
  - 21% of deaths from cancer among nonsmokers

Normal Weights

5'0"	97-123		5'8"	125-158
5'1"	100-127		5'9"	128-162
5'2	97 - 123		5'10"	132-167
5'3"	107-135		5'11"	136-172
5'4"	110-140		6'0"	140-177
5'5"	114-144		6'1"	144-182
5'6"	118-148		6'2"	148-186
5'7"	121-153		6'4"	156-197



Weight Management

- Appropriate diet & physical activity most important
- Body Mass Index < 27
- Waist < 40" men, 35" women
- Waist:Hip < .95 men, < .80 women

Heart Healthy Eating

- 5-9 servings (1/2 cup) veggies & fruits
- Whole grains
- Non-fat dairy
- Meat/beans – choose low fat

My Plate Planner

Please refer to meal planning guidelines on the back.

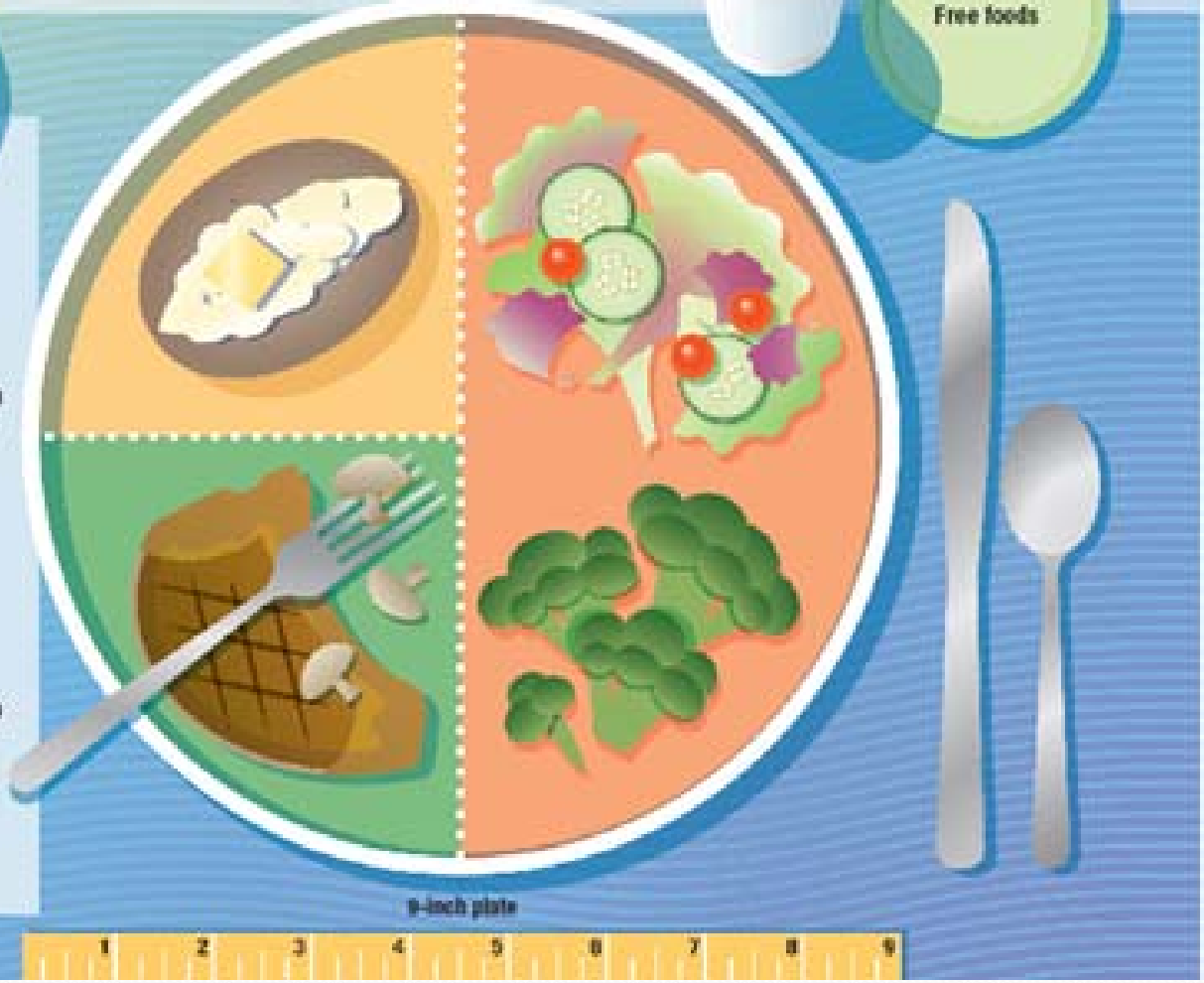
***My Plate Planner* Methods of Use**

- Fill 1/2 of your plate with vegetables such as carrots, broccoli and salad
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
- Fill 1/4 of your plate with a starchy choice such as 1/3 cup rice
- Add 1 serving of fruit
- Choose 1 serving of milk
- Add margarine or oil for preparation or addition at the table

Add other portions as needed to round out your meal plan

For breakfast, use the two quarters of the plate and not the other half

For lunch and dinner, use the whole plate



Blood Sugar

< 100 Fasting

Metabolic Syndrome

- Abdominal Obesity
  - > 40" male, > 35" female
- Triglycerides > 150
- HDL - < 40 male, < 50 female
- BP > 130/85
- Fasting Blood Sugar > 100

Returning to Farming/Ranching

- Challenges
  - Upper body work is harder on heart than aerobic activity
  - Typically eat lots of red meats
  - Frequently fatigued with work

- Activity
  - Frequently not aerobic
  - More mechanized than 10/20/50 years ago
  - Hard upper body work

- Opportunities
  - Walk around fields to check things out and plan day
  - Eat meat from free grazed animals
  - Increase fresh veggies & fruits
  - Return cautiously to upper body activity

Higher Risk for Heart Disease!

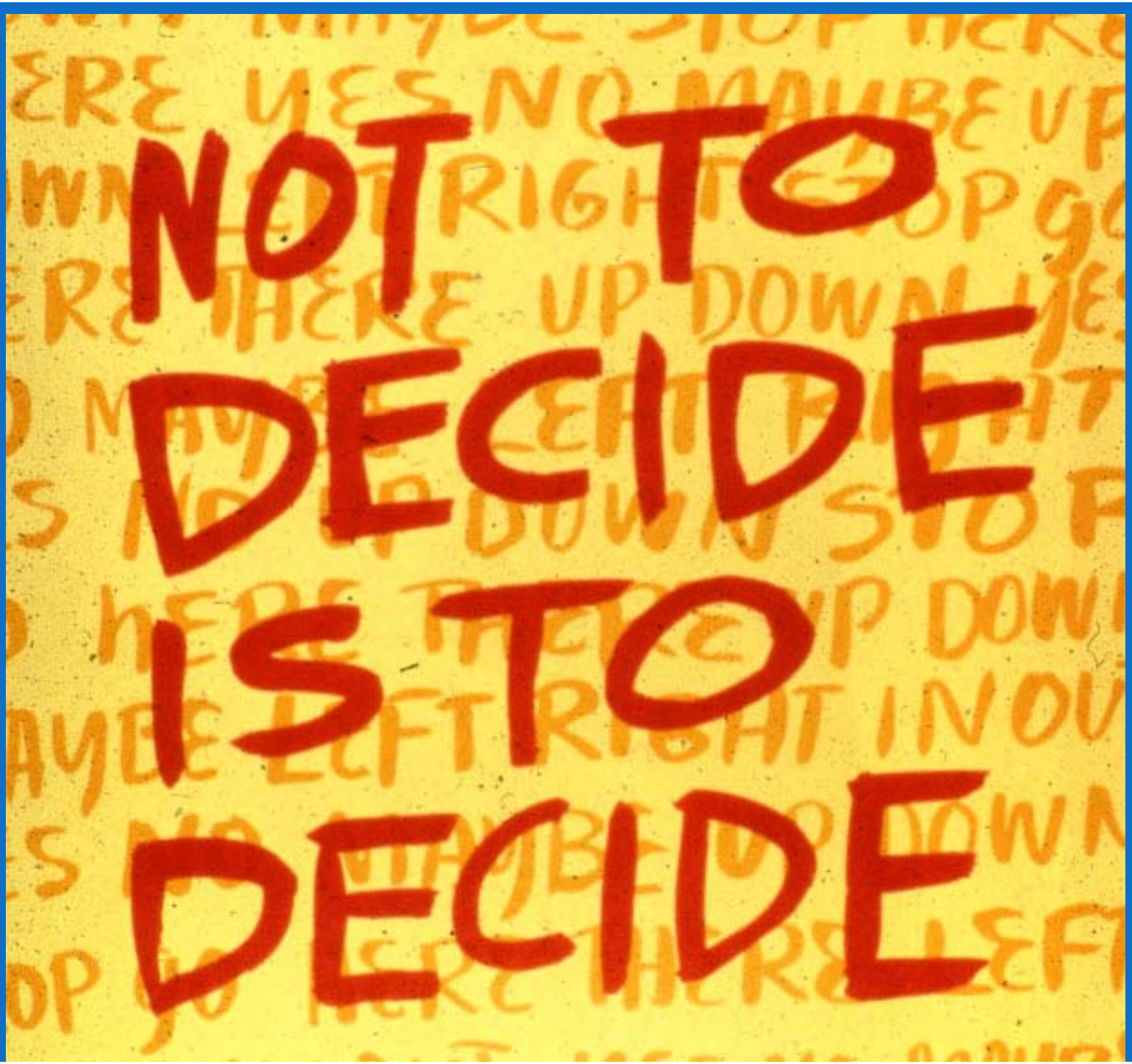
- Higher risk prior to Heart Attack

- We're really good at intervening rapidly with Heart Attack/PTCA/Stent

  The impact can make it feel like no big deal – This is an important warning that it's time to make lifestyle changes!

Bottom Line

- Move It or Lose It
- Have 5 colors on your plate, portion sizes
- Don't smoke
- Discuss risks with physician
- If you're concerned about symptoms, call 911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