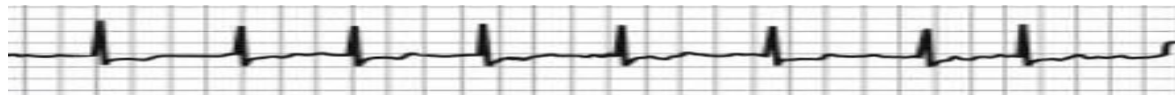




CARDIO-GRAM



The Heart Foundation of Jamaica Newsletter

February 2010

HEART MONTH 2010



ACUTE CARDIAC PROBLEMS

In recognition of Heart Month 2010, The Heart Foundation of Jamaica is engaging in a series of educational activities surrounding the theme “Acute Cardiac Problems”.

This will highlight the leading risk factors that, over time, can lead to a sudden cardiac episode such as heart attack or stroke. It is the intention of the Foundation that through this increased awareness, individuals will begin to take the necessary steps to improve lifestyle practices.

There has been in Jamaica, a remarkable increase in the frequency of Coronary Heart Disease (the narrowing and hardening of coronary arteries that transport blood to the heart) over the past fourty years; this is attributable to the frequency of the “high-risk” factors namely:

- Hypertension
- Diabetes mellitus
- Cigarette smoking
- High levels of cholesterol
- Excessive body weight – especially among those who are obese
- Lack of a physically active life

Schedule of Events

February
Heart Month

March 20
Vic Higgs Memorial Golf
Tournament

April 16
Membership Meeting

April 19-23
Go Red for Women Week

June 2
Annual General Meeting

The Heart Foundation of Jamaica is



Caribbean Office:
InterAmerican Heart Foundation
Website: www.interamericanheart.org

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"HIGH-RISK" RISK FACTORS FOR CORONARY HEART DISEASE



HIGH BLOOD PRESSURE (HYPERTENSION)

Although the cause of high blood pressure is unknown, it can be controlled. High blood pressure increases the heart's workload, causing the heart to enlarge and weaken over time. It also increases the risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, as well as smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke will increase.



LACK OF PHYSICAL ACTIVITY & OBESITY

Lack of physical activity is recognized as a risk factor for coronary heart disease and may also be involved in stroke. Even modest levels of low intensity physical activity are beneficial, if done regularly over the long term. Exercise can help control blood cholesterol, diabetes, obesity and high blood pressure.

People who are more than 30% over their ideal body weight are more likely to develop heart disease and stroke, even if they have no other risk factors. Obesity increases the strain on the heart, contributes to high blood pressure and high blood cholesterol and can lead to adult-onset diabetes.



DIABETES

Diabetes seriously increases the risk of developing cardiovascular disease, particularly atherosclerosis, (hardening of the arteries from fatty deposits) heart attack and stroke. More than 80% of people with diabetes die of some form of cardiovascular disease. People with diabetes may avoid or delay heart and blood vessel disease by controlling other risk factors. It is especially important to control weight and blood cholesterol with a low-fat, low-cholesterol diet and regular exercise. It is equally important to lower high blood pressure and avoid smoking.



EXCESSIVE FAT IN THE DIET (HIGH BLOOD CHOLESTEROL LEVELS)

The risk of coronary heart disease rises as blood cholesterol levels increase. When other risk factors, such as high blood pressure or smoking are present, the risk increases even more. High blood cholesterol is thought to contribute to atherosclerosis (“hardening of the arteries”) of the carotid arteries. Cholesterol levels are also affected by age, sex, heredity and diet. Remember ...reducing the amount of saturated fat and cholesterol in the foods you eat can help reduce the level of cholesterol in your body. This in turn can help reduce your risk of heart disease. Replacing your intake of saturates with unsaturates reduces your cholesterol level.



SMOKING

A smoker’s risk of heart attack or stroke is twice that of a non-smoker. Chronic exposure to environmental tobacco smoke (or second-hand smoke) may increase the risk of heart disease and stroke. Cigarette smoking increases the risk of coronary heart disease by itself. When it acts with other factors, it greatly increases risk. Smoking increases blood pressure, decreases HDL (good) cholesterol and increases the tendency for blood to clot. Smoking also increases the risk of recurrent coronary heart disease after bypass surgery. Smoking is a major cause of atherosclerosis — a buildup of fatty substances in the arteries. Atherosclerosis occurs when the normal lining of the arteries deteriorates, the walls of the arteries thicken and deposits of fat and plaque block the flow of blood through the arteries.



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* Compared to competing fish oil products for Omega-3 content

**WHAT'S HAPPENING
AT
THE HEART FOUNDATION OF JAMAICA**

Heart Month Activities

January 29	. Press Launch - Altamont Court Hotel
February 3	. Mobile Team - Seaforth Health Centre
February 4	. Mobile Team - Edna Manley Health Centre
February 7	. Church Service - Providence Methodist Church 8:45am
February 8	. Mobile Team - Emancipation Park 5:30pm-6:30pm
February 11	. Mobile Team - Windward Road Health Centre . Mobile Team - Sony Hill Heath Centre
February 12	. Plaza promotion - Screening <i>Pavilion Mall, Boulevard Super Centre Spanish Town Shopping Centre, Portmore Mall</i>
February 22	. Basic Life Support Course (<i>for health professionals only</i>) Heart Foundation of Jamaica . Mobile Team – Emancipation Park 5:30pm-6:30pm
February 22 -27	. HFJ Week at Shakti Mind Body Fitness - Shakti
February 23	. Public Forum - Knutsford Court Hotel 5:30pm . Mobile Team - Old Harbour Health Centre
February 25	. Mobile Team - Harbour View Heath Centre . Customer Appreciation Day –The Heart Foundation of Jamaica . Mobile Team - Bull Bay Health Centre
February 27	. CPR Heartsaver Course - The Heart Foundation of Jamaica . Shakti 2 hr Charity Spin - Shakti

The Heart Foundation of Jamaica (HFJ) was founded by the Lions Club of Kingston in 1971. It is a registered, non-profit organization and is supported by voluntary contributions that are tax deductible, its own fundraising events and subsidized user fees. A Board of Directors governs the Foundation, and are elected annually.

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