

## ARE YOU AT RISK?

What risk factors for heart attack or stroke *you cannot control*?

- Age
- Sex
- Heredity and race
- Previous heart attack or stroke

What risk factors for heart attack or stroke can you control or treat with *a doctor's help*?

- High blood pressure
- Diabetes
- Carotid or other artery disease
- Atrial fibrillation
- High blood cholesterol

What risk factors for stroke or heart attack can you control with *changes in your lifestyle*?

- Tobacco use
- Physical inactivity
- Overweight or obesity
- Excessive alcohol
- Illegal drugs
- Stress

Heart attack warning signs.

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Cold sweat
- Nausea
- Lightheadedness

Stroke warning signs.

- Sudden numbness or weakness of the 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, loss of balance or coordination
- Sudden, severe headache with no known cause

What is a heart attack?

A heart attack occurs when the blood supply to part of the heart muscle is severely reduced or stopped because one or more of the heart's arteries is *blocked*. This is usually caused by buildup of fatty deposits (plaque) inside artery walls. The *plaque* can rupture, causing a blood clot to form and block the artery. If the blood supply is cut off for more than a few minutes, heart muscle cells suffer permanent injury or die. This can kill or disable someone, depending on how much heart muscle is damaged?

What is a stroke?

A stroke occurs when a blood vessel that brings oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle. Because of this rupture or blockage, part of the brain does not get the blood and oxygen it needs. Deprived of oxygen, nerve cells in the affected area of the brain die within minutes.

**Don't delay....Heart attack or stroke is a medical emergency...Every second counts!**

## Did You Know?

- 70,100,000 Americans have cardiovascular disease.
- 13,000,000 Americans have coronary heart disease.
- 5,400,000 Americans have had a stroke.
- 65,000,000 Americans have high blood pressure.

### Cardiovascular Disease

- Cardiovascular disease accounted for 38% of all deaths or 1 out of every 2.6 deaths in the US in 2002 (total of 1,400,000).
- Nearly 2,600 Americans die of cardiovascular disease each day, an average of 1 death every 34 seconds.
- Over 150,000 Americans killed by cardiovascular disease each year are under age 65
- Average life expectancy of people born in the US is now 77.3 years.
- In 2005, the estimated direct and indirect cost of cardiovascular disease is \$393.5 billion. This figure includes health expenditures (directs costs, which include the cost of physicians and other professionals, hospital and nursing home services, the cost of medications, home health care and other medical durables) and lost productivity resulting from morbidity and mortality (indirect costs). Direct costs for total cardiovascular disease are \$241.9 billion dollars. Indirect costs are \$151.6 billion.
- In 1999, \$26.3 billion in program payments were made to Medicare beneficiaries discharged from short-stay hospitals, with a principal diagnosis of cardiovascular disease (average of \$7,883 per discharge).
- In 2002, an estimated 6,813,000 inpatient cardiovascular operations and procedures were performed in the US.

### Coronary Heart Disease (Heart Attack)

- This year an estimated 700,000 Americans will have a new heart attack. About 500,000 will have a recurrent attack.
- Coronary heart disease caused 1 out of every 5 deaths in the US in 2002.
- Coronary heart disease is the #1 killer of Americans.
- About every 26 seconds an American will have a heart attack and every minute someone will die from one.
- About 41% of the people who experience a heart attack in a year will die from it.
- In 2005, the estimated direct and indirect cost of coronary heart disease is \$142.1 billion.
- In 1999, \$10.7 billion was paid to Medicare beneficiaries for coronary heart disease (\$10,336 per discharge).
- In 2002, an estimated 1,204,000 angioplasty procedures, 515,000 bypass procedures, 1,463,000 diagnostic cardiac catheterizations, 657,000 angioplasty procedures, 63,000 implantable defibrillators, 1999,000 pacemaker procedures, and 2,057 heart transplants were performed in the US.
- In 2000, the average total charge for patients hospitalized for diagnostic cardiac catheterization was \$16,838. The total number of patients was 693,472 and the average length of stay was 3.6 days.
- The 515,000 bypass procedures were performed on 306,000 patients.
- The 657,000 angioplasty procedures were performed on 640,000 patients.
- Direct costs for heart disease are \$139.5 billion dollars. Indirect costs are \$115.3 billion. Total expenditure is \$254.8 billion.

## Did You Know?

### Stroke

- On average, every 45 seconds someone in the US has a stroke.
- Every 3 minutes someone dies of a stroke.
- Each year about 700,000 people experience a new or recurrent stroke.
- 40,000 more women than men have a stroke.
- In 2002, stroke accounted for more than 1 of every 15 deaths in the US. About 50% of these deaths occurred out of the hospital.
- Stroke is the #3 cause of death.
- Stroke is the leading cause of serious, long-term disability in the US.
- Diabetes increases the risk of stroke. In 2000, 171 million people had diabetes.
- In 2005, the estimated direct and indirect cost of stroke was \$56.8 billion.
- In 1999, \$3.4 billion (\$5,692 per discharge) was paid to Medicare beneficiaries discharged from short-stay hospitals for stroke.
- Average lifetime cost of stroke is \$140,048. This includes inpatient care, rehabilitation and follow-up care necessary for lasting deficits.
- In 2002, 134,000 procedures were performed to prevent stroke.
- Direct costs for stroke are \$35 billion dollars. Indirect costs are \$21.8 billion. Total expenditure is \$56.8 billion.

### Overweight and Obesity

- Overweight and obesity together represent the #2 preventable cause of death in the US, second only to cigarette smoking.
- Nearly 7 of every 10 US adults are overweight and 3 of every 10 are obese.
- Each year an estimated 300,000 US adults die of causes related to obesity.
- Estimated annual cost attributable to obesity-related diseases is about \$100 billion.

### High Blood Pressure

- 60 million Americans have high blood pressure.
- Nearly 1 in 3 adults have high blood pressure.
- Of those with high blood pressure, 30% do not know that they have it.
- High blood pressure is 2-3 times more common in women taking oral contraceptives.
- Americans with uncontrolled high blood pressure are 3 times more likely to have a heart attack and 7 times more likely to have a stroke.
- Lowering blood pressure is a proven way to reduce your chances of heart attack or stroke.
- High blood pressure was listed as a primary or contributing cause of death in about 261,000 US deaths in 2002.
- In 2005, the estimated direct and indirect cost of high blood pressure is \$59.7 billion.

### Tobacco

- Among Americans age 18 and older, 25.2% of men and 20% of women are smokers, putting them at increased risk of heart attack and stroke.
- About 60% of people in the US have biological evidence of secondhand smoke exposure.
- In 1999, an average of 442,398 Americans died of smoke-related illnesses.
- Direct medical costs and lost productivity costs associated with smoking total an estimated \$155 billion per year.

Knowing the risk factors associated with stroke, heart attack and Peripheral Arterial Disease could help **SAVE YOUR LIFE.**

If you check one of more of these, you may be at a greater risk for a heart attack, stroke or Peripheral Arterial Disease. You should see a healthcare provider for a complete assessment of your risks.

- |                |                          |  |
|----------------|--------------------------|--|
| Age            | <input type="checkbox"/> | Man over 45  |
|                | <input type="checkbox"/> | Woman over 50  |
| Family History | <input type="checkbox"/> | Stroke   |
|                | <input type="checkbox"/> | Carotid artery disease                                 |
|                | <input type="checkbox"/> | Leg artery disease                                     |
|                | <input type="checkbox"/> | High blood pressure                                    |
|                | <input type="checkbox"/> | Heart attack   |
|                | <input type="checkbox"/> | Heart disease  |
|                | <input type="checkbox"/> | Atrial fibrillation                                    |
|                | <input type="checkbox"/> | Heart surgery  |
|                | <input type="checkbox"/> | Diabetes   |
| Your History   | <input type="checkbox"/> | High blood cholesterol                                 |
|                | <input type="checkbox"/> | Previous stroke  |
|                | <input type="checkbox"/> | Previous mini stroke                                   |
|                | <input type="checkbox"/> | Leg artery disease                                     |
|                | <input type="checkbox"/> | Carotid artery disease                                 |
|                | <input type="checkbox"/> | High blood pressure                                    |
|                | <input type="checkbox"/> | Previous heart attack                                  |
|                | <input type="checkbox"/> | Heart disease  |
|                | <input type="checkbox"/> | Artrial fibrillation                                   |
|                | <input type="checkbox"/> | Heart surgery  |
|                | <input type="checkbox"/> | Diabetes   |
|                | <input type="checkbox"/> | High blood cholesterol                                 |
|                | <input type="checkbox"/> | Current smoker   |
|                | <input type="checkbox"/> | Former smoker  |
|                | <input type="checkbox"/> | Alcoholic consumption                                  |
|                | <input type="checkbox"/> | Overweight by 20 pounds                                |
|                | <input type="checkbox"/> | Body mass index over 25                                |
|                | <input type="checkbox"/> | Physical activity is less than 30 minutes on most days |
|                | <input type="checkbox"/> | Take contraceptives or receive hormone therapy         |

You could **be at risk** for a stroke, heart attack or Peripheral Arterial Disease and not realize it.

**DID YOU KNOW?**

- Heart attack is the #1 killer in the US.
  - 1.1 million Americans will have a heart attack this year.
  - 515,000 of them will die; 250,000 of them before they reach the hospital.
- Stroke is the #3 killer in the US.
  - 600,000 Americans will have a stroke this year.
  - 166,028 of them will die.
- Peripheral Arterial Disease affects over 10 million Americans.

With the advance of ultrasound technology, screening is now available to identify high-risk individuals prior to a heart attack or stroke. The **AngioScreen™** is an easy-to-take, 10 minute, non-invasive inexpensive vascular screening which provides you with immediate information about your circulation and risk of heart disease and stroke.