



HEART HEALTH INFORMATION



HEART DISEASE & HEART ATTACKS

Coronary heart disease is the most common type of heart disease. It is the buildup of plaque in the heart's arteries, which creates a blockage of blood flow and could cause a heart attack. A heart attack occurs when blood flow that brings oxygen-rich blood to the heart muscle is severely reduced or cut off. This is due to a buildup of fat, cholesterol and other substances (plaque) that narrows coronary arteries. Some heart attacks are sudden and intense but may start slowly.

Risk Factors Include

- High LDL cholesterol
- Low HDL cholesterol
- High blood pressure
- Family history
- Diabetes
- Smoking
- Physical inactivity
- Unhealthy diet
- Overweight and obesity
- Being post-menopausal for women
- Being 45+ for men

Symptoms Include

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This may occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

If You Suspect a Heart Attack

Even if you're not sure it's a heart attack, immediately call 9-1-1. EMS staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. People with chest pain who arrive at the hospital by ambulance also usually receive faster treatment.

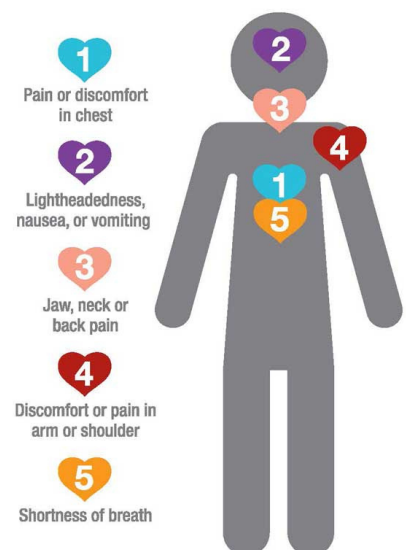
Steps to Prevent Heart Disease & a Heart Attack

- Don't smoke or vape and avoid second-hand smoke.
- Keep your blood pressure below 120/80 mm Hg.
- Get your cholesterol checked and talk to your health care professional about your numbers.
- Eat foods that are low in saturated fat, trans fat, sodium (salt) and added sugars.
- Be physically active. Aim for least 150 minutes of moderate-intensity physical activity a week.
- Reach and maintain a healthy weight. A normal body mass index is between 18.5–24.9.
- Keep your fasting blood sugar less than 100 mg/dL or an A1C of less than 5.7%.
- Get enough sleep. Aim for an average of 7-9 hours of sleep a day.
- Get regular medical check-ups.
- Take your medication as prescribed.



American
Heart
Association.

Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).



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CARDIAC ARREST

Cardiac arrest is the abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It can come on suddenly or in the wake of other symptoms. Cardiac arrest is caused when the heart's electrical system malfunctions due to abnormal heart rhythms, scarring of the heart tissue, thickened heart muscle, or other causes. Simply put, the heart stops beating properly.

Signs Include

- **Sudden loss of responsiveness.** The person doesn't respond, even if you tap them hard on the shoulders or ask loudly if they're okay. The person doesn't move, speak, blink or otherwise react.
- **No normal breathing.** The person isn't breathing or is only gasping for air.

If You Suspect Cardiac Arrest

- Check for responsiveness; then shout for nearby help.
- Call 9-1-1.
- Begin hands-only CPR (hard and fast chest compressions) immediately and call for, or get, an automated external defibrillator (AED) if one is available. Use the AED as soon as it arrives.
- Continue chest compressions until EMS arrives.
- If two people are available to help, one should begin hands-only CPR immediately, while the other calls 9-1-1 and finds an AED.

2 STEPS TO SAVE A LIFE



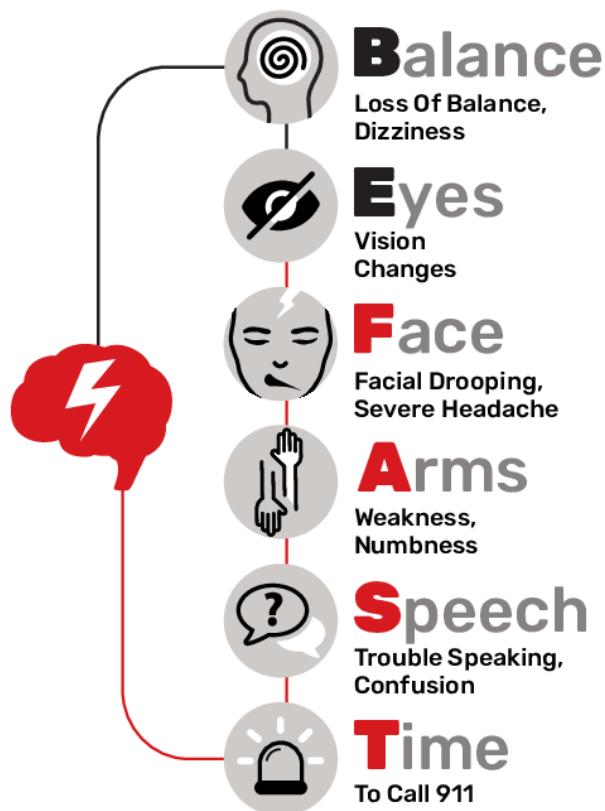
STROKE

Strokes occur in the brain, not the heart. However, the risk factors of and the steps to prevent a stroke are the same. A stroke occurs when a blood vessel that carries oxygen and blood to the brain is either blocked by a clot or ruptures. When this happens, part of the brain cannot get the blood and oxygen it needs, so it and brain cells die. It is important to know the signs of a stroke, included below, and to call 9-1-1 immediately if you suspect someone is having a stroke.

WHEN IT COMES TO **STROKE**,

BE FAST CALL 911

Any one of these sudden **SIGNS**
could mean a **STROKE**



BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Healthcare.



HEART HEALTH INFORMATION



RED FOLDER PROGRAM



Frederick County Fire & Rescue Services offer a Red Folder Program to assist in providing care to patients when EMS is called and is especially encouraged for older residents.

What is the Red Folder Program?

Frederick County Fire & Rescue Services will provide residents a magnetic, red folder that can be put on your refrigerator that can assist EMS in providing care to you when they arrive. EMS personnel are trained to look for the Red Folder when they enter your home.

What is in the Red Folder?

The folder contains documents to help you list out your medical history, any medications you may be taking, health insurance information, healthcare providers, caregiver information, and any other important medical information. You are also encouraged to store copies end-of-life care documents in this folder--advanced directives, Do No Resuscitate forms, Medical Orders for Life-Sustaining Treatment forms, etc.

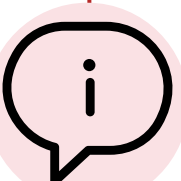
What is the cost to participate in the Red Folder Program?

There is no cost to residents; residents are able to get the folder for free.

How do I get a Red Folder?

If you do not have a red folder, please call 301-600-HELP(4357). DFRS personnel will take your information and coordinate delivery.

ADDITIONAL RESOURCES



For more information on heart disease and ways to be heart healthy, please visit

<https://linktr.ee/fcdfrscommunityoutreach>

Or scan the QR Code.

