

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health<sup>®</sup>

## What is Heart Disease?



Heart disease is the leading cause of death in the United States. The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

### What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

### What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of people in the United States (47%) have at least one of these three risk factors.<sup>2</sup> Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

### How do you prevent heart disease:

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

- Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.
- Eating foods high in fiber and low in saturated fats, trans fat, and cholesterol can help prevent high cholesterol.
  - Limiting salt (sodium) in your diet can also lower your blood pressure.
  - Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.
- Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.
- Obtain or maintain a healthy weight
- Get plenty of physical activity - adults need at least 2 hours and 30 minutes of moderate-intensity exercise per week and children and adolescents should get at least one hour of physical activity every day
- Don't use tobacco - Cigarette smoking (or the use of other tobacco products) greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease.
- Take charge of your medical Conditions - If you have high cholesterol, high blood pressure, or diabetes, you can take steps to lower your risk for heart disease - getting needed lab work, blood pressure and blood sugar checks, following up with your doctor, following your recommended treatment plan including talking all medications as prescribed and following your recommended diet.

Learn more: [Heart Disease | CDC.gov](https://www.cdc.gov/heartdisease/)

### Is Sudden Cardiac Arrest (SCA) the same as a Heart Attack?

No. A heart attack may be compared to a plumbing problem in the heart, while sudden cardiac arrest may be compared to an electrical problem in the heart. When people have heart attacks, they are awake, their hearts are beating, and they are able to communicate. When people have SCA, they are not awake, their hearts are not beating, and they are unable to communicate. Heart attacks can lead to SCA, but there also are many other causes. To learn more, visit the Sudden Cardiac Arrest Foundation ([www.sca-aware.org](http://www.sca-aware.org)).

# Helping a Victim of a Sudden Cardiac Arrest

Sudden Cardiac Arrest is a life-threatening emergency that occurs when the heart unexpectedly stops beating. It strikes seemingly healthy people of all ages, even children and teens. When SCA happens, the person collapses, becomes unresponsive, and is not breathing normally. He or she may appear to be gasping, snoring or having a seizure. SCA leads to death within minutes if the person does not receive immediate help.

- **Call 911 IMMEDIATELY!**
- Begin cardiopulmonary resuscitation or CPR. CPR can double or triple a cardiac arrest victim's chance of survival. Learn the steps for CPR and watch it in action. Find a CPR course in your area.
- Utilize an automated external defibrillator (AED) if one is available. AEDs - increasingly available in public places and homes - are designed for use by laypersons and provide visual and voice prompts. They will not shock the heart unless shocks are needed to restore a healthy heartbeat.



The chances of survival for a victim of sudden cardiac arrest drops by 7 to 10 percent with every minute that passes without CPR and defibrillation, and very few attempts at resuscitation succeed after 10 minutes, so the key is to **ACT QUICKLY!**

Source: <https://theheartfoundation.org/about-heart-disease-2/>

## Helping a Victim of a Heart Attack

Half of the deaths from heart attack occur in the first 3 or 4 hours after the onset of symptoms, so it is important to know and recognize the warning signs

- If you think that you or someone in your presence is having a heart attack, **call 911 IMMEDIATELY!** Every minute you delay can result in more damage to the heart muscle.
- After the ambulance has been called, **chew and swallow an aspirin**, unless you are allergic to aspirin or have been told by your doctor never to take aspirin.
- **Take nitroglycerin**, if prescribed. If you think you're having a heart attack and your doctor has previously prescribed nitroglycerin for you, take it as directed. Don't take anyone else's nitroglycerin because that could put you in more danger.

## GO RED on February 3, 2023

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.

[www.GoRedforWomen.org](http://www.GoRedforWomen.org)

## THANK YOU for getting your flu shot!

The flu vaccine is the first and most important thing you can do to protect yourself against flu, especially this flu season with both COVID-19 and the flu to worry about!

So if you've already had your flu shot, we applaud you for embracing better health. If you haven't, **it's not too late** and it only takes a few minutes! Ask your doctor or visit an AvMed Participating Pharmacy for your flu shot now.

If you do develop flu or COVID-19 symptoms, contact your doctor as soon as possible for treatment options to reduce the duration and severity of the illness.

**Remember to answer "yes" to receiving your flu shot in any survey you may receive. Stay healthy and happy with a little help from your friends at AvMed.**

# This Is **Your Year.** Make It Fit.

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**Act Now!** Monthly fees for January – March are **\$25/mo.**, plus we'll waive your enrollment fee. Price increases to **\$28/mo.** on April 1, 2023.<sup>3</sup>

**Get Started:** Log in to your Member Portal at [AvMed.org/Login](https://AvMed.org/Login) and click Health and Wellness.

<sup>1</sup> Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

<sup>2</sup> Costs for premium exercise studios exceed \$25/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

<sup>3</sup> Plus applicable taxes for standard gyms. \$25 enrollment fee waived for standard gyms only 1/1/23 12:01 a.m. – 3/31/23 11:59 p.m. PT. Fees increase to \$28/mo. plus applicable taxes effective 4/1/23. When you enroll, you'll pay the first and second months' fee. If you enroll in March, you'll pay \$25 for March and \$28 for April at the time of purchase. Ongoing monthly fees are paid one month in advance, e.g. June membership fees will be charged in May.

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