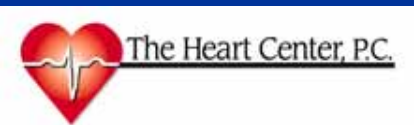
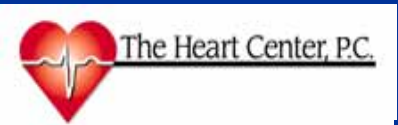


# **Nine Ways to Avoid A Heart Attack**

**Phillip L. Laney MD FACC  
President, Alabama Chapter  
American College of Cardiology**

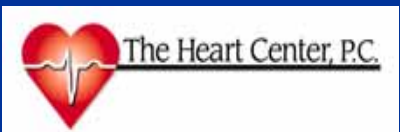


# “I’m All Ears Doc”



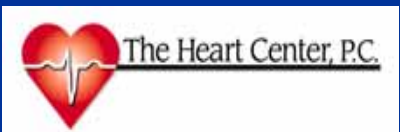
# CV Disease in Alabama

- **Cardiovascular disease is the leading cause of death in the state**
- **Alabama has the fourth highest death rate for heart disease in the United States**
- **Alabama has the seventh highest death rate for stroke**
- **Cardiovascular disease accounts for 34% of all deaths in Alabama**

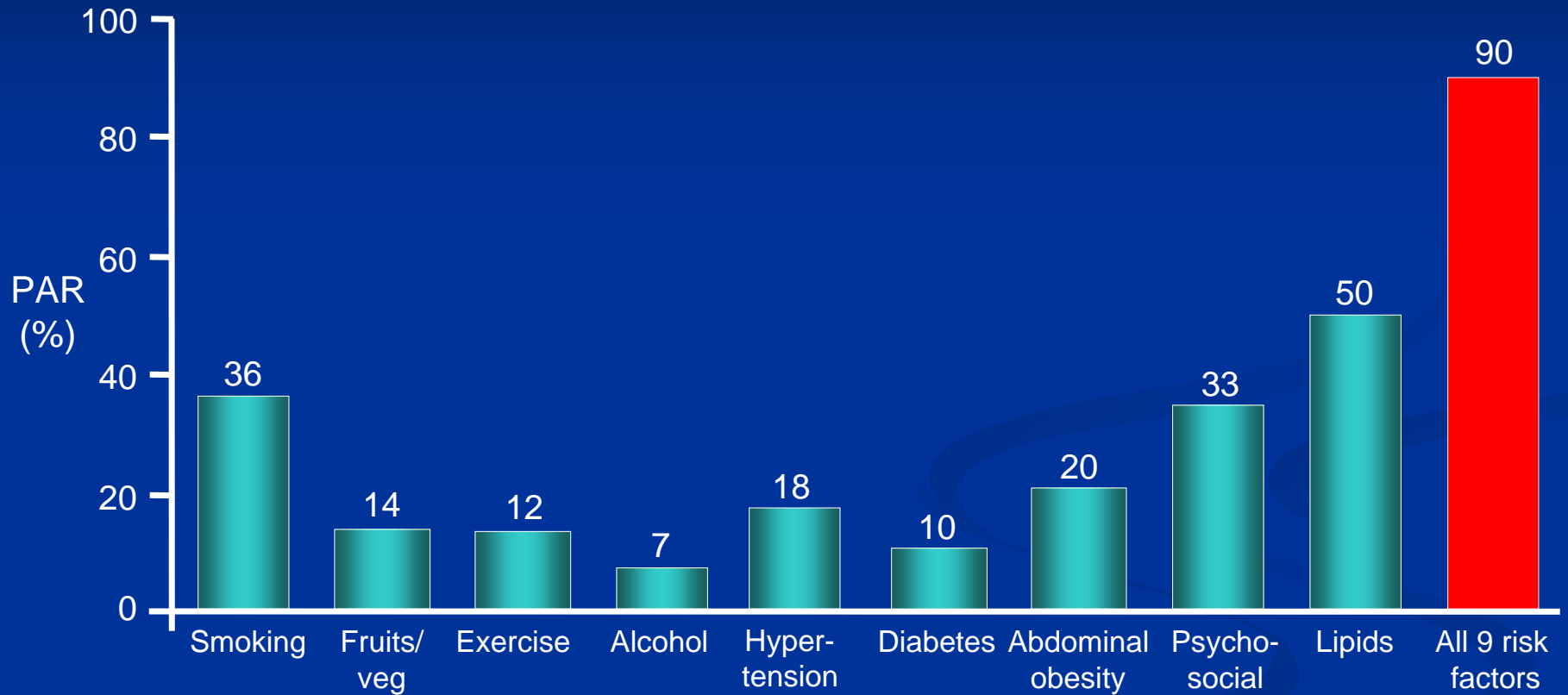


# Lifetime Risk of CAD

- Framingham Heart Study - 7733 participants ages 40-94 who were initially without coronary artery disease (CAD)
- Lifetime risk of developing CAD at age 40 was 49% in men and 32% in women
- Lifetime risk of developing CAD even if disease free at age 70 was 35% in men and 24% in women



# INTERHEART: 9 Modifiable factors account for 90% of first-MI risk worldwide



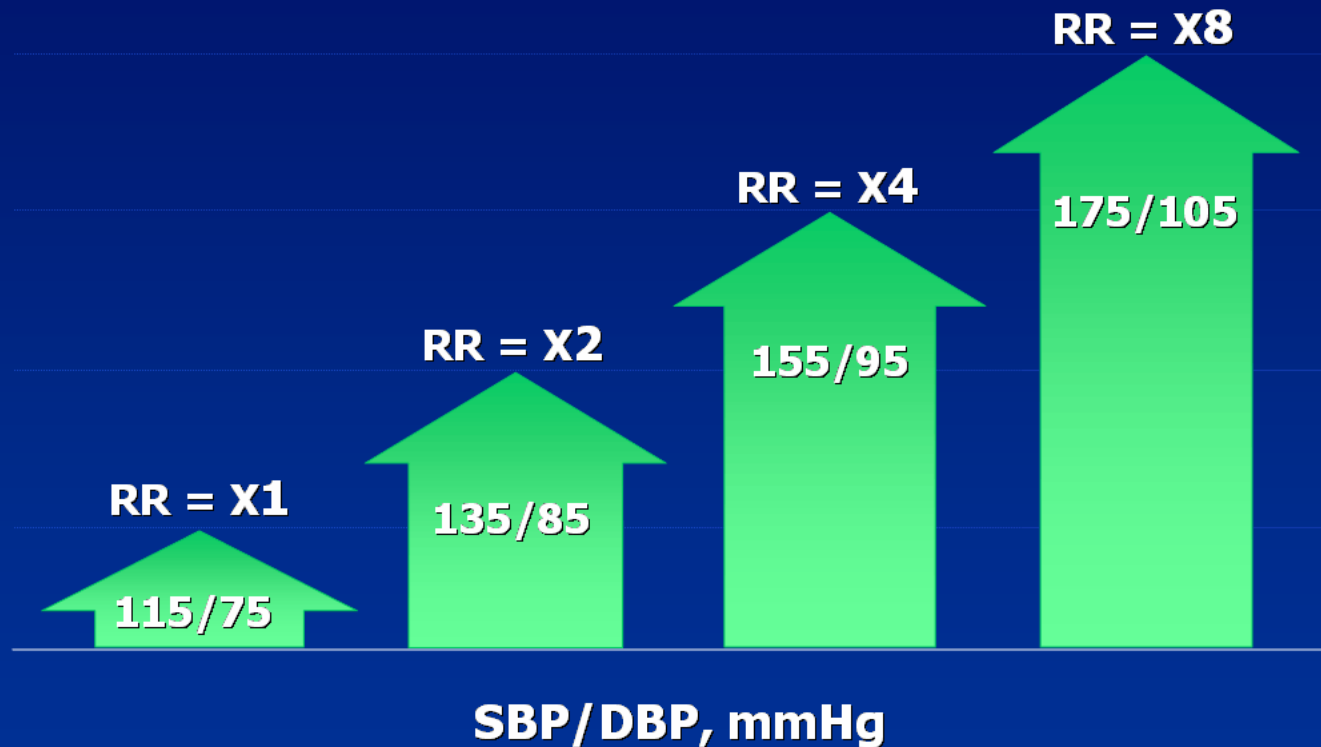
# How to Lower Your CV Risk

- **Know your BP! Make it your goal to reach a BP of <math><140/90</math> through non-pharmacologic means or medical therapy if required. Remember – a BP of 130/80 is the optimal goal and even the minimal target for certain people. For every 20/10 mmHg increase there is a doubling of your CV mortality!!!**



# CV Mortality Risk *Doubles* With Each 20/10 mmHg Increase in BP

INCREASING  
CARDIOVASCULAR  
RISK\*



\*Individuals aged 40–69 years (N=1 million).

Lewington S et al. *Lancet*. 2002;60:1903–1913.



# Benefit of BP Control

- **35-40% reduction in stroke incidence**
- **20-25% reduction in MI incidence**
- **>50% reduction in heart failure**
- **Optimal BP control (<130/80) could prevent approximately half of coronary heart events**



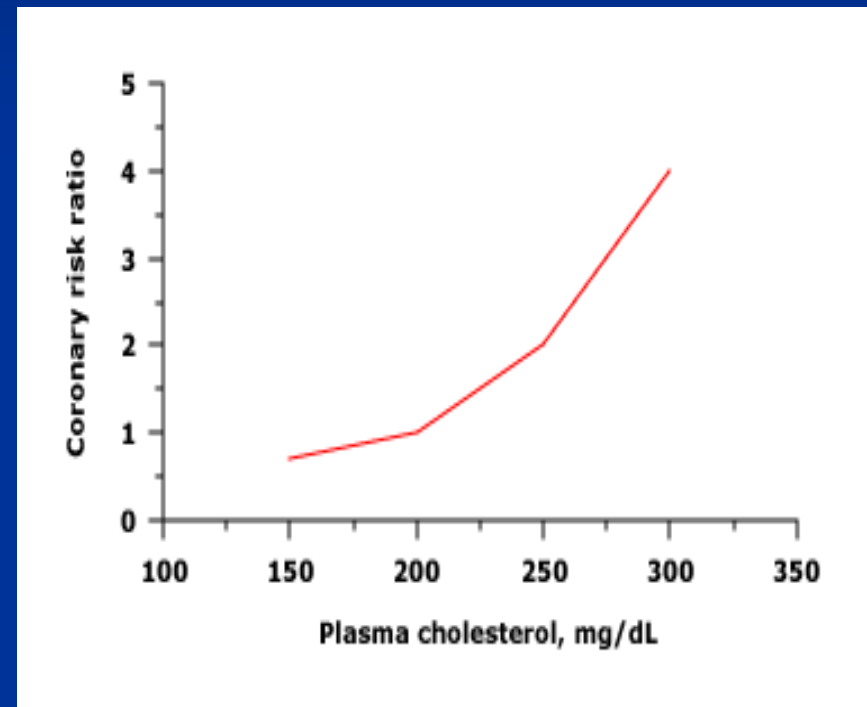
# How to Lower Your CV Risk

- **Know your lipid status and your lipid goal. Reach your target LDL cholesterol goal and non-HDL cholesterol goal through diet and exercise if possible but medical therapy if required. Your major fear should be a CV event – not the very small risk of a side effect from a medication!!!**



# Dyslipidemia and CVD

- There is a direct relationship between lipid levels and the risk of CVD
- Reducing LDL cholesterol reduces cardiac events in moderate and high risk patients



# Therapy for Dyslipidemia

- **Mediterranean diet**
- **Increase physical activity**
- **Medications – tailored to the individual patient's lipid profile and risk status**



# How to Lower Your CV Risk

- **Avoid tobacco in all forms – especially smoking!**
- **If you smoke consider not only your health but the health of your family exposed to second hand smoke.**
- **Discuss the various options available to aid in smoking cessation with your physician.**



# Smoking and CVD

- **Independent major risk factor for all forms of cardiovascular disease**
- **2.5X increase in CAD**
- **3X increase in stroke**
- **7.3X increase in PVD**



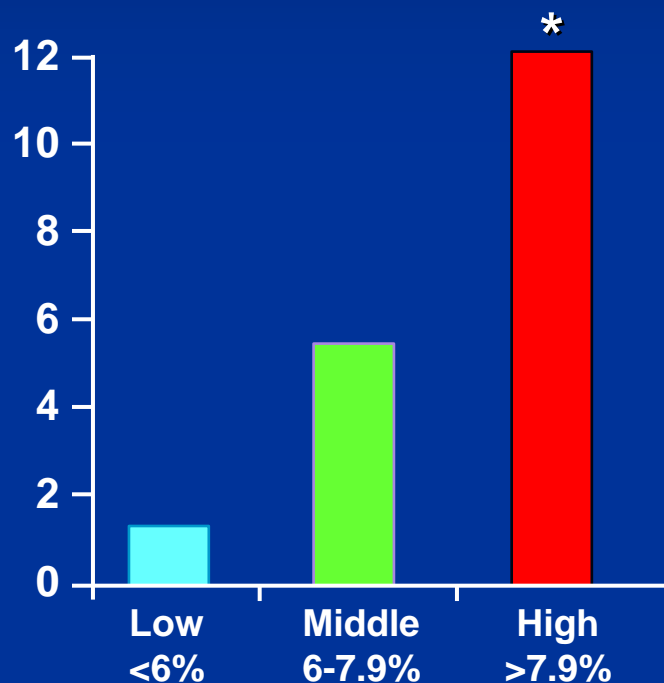
# How to Lower Your CV Risk

- **Avoid the development of Type II diabetes by maintaining as close to possible your ideal body weight utilizing both diet and exercise.**
- **Treat your diabetes aggressively. Discuss your target HbA1C with your physician.**
- **If you have diabetes you must be aggressive in controlling any other risk factors for CVD that are present.**

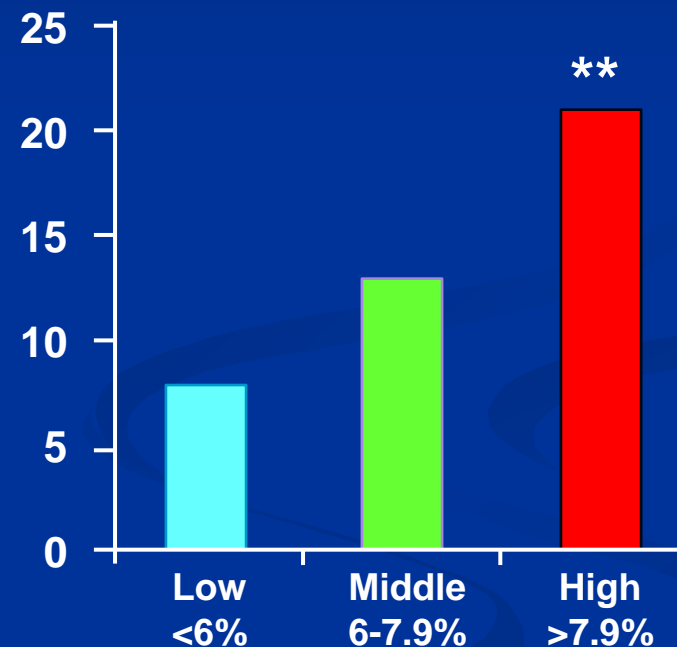


# Type 2 Diabetes: A1C Predicts CHD

CHD Mortality Incidence  
(%) in 3.5 Years



All CHD Events Incidence  
(%) in 3.5 Years



A1C=hemoglobin A1C.

\* $P < 0.01$  vs lowest tertile.

\*\* $P < 0.05$  vs lowest tertile.

Adapted with permission from Kuusisto J et al. *Diabetes*. 1994;43:960-967.



# How to Lower Your CV Risk

- Understand that your personality traits can affect your cardiac risk. These can be modified!
- Moderate your alcohol intake – two drink equivalents daily for men and one for women.
- Avoid recreational drugs.
- Discuss your kidney function with your physician.



# How to Lower Your CV Risk

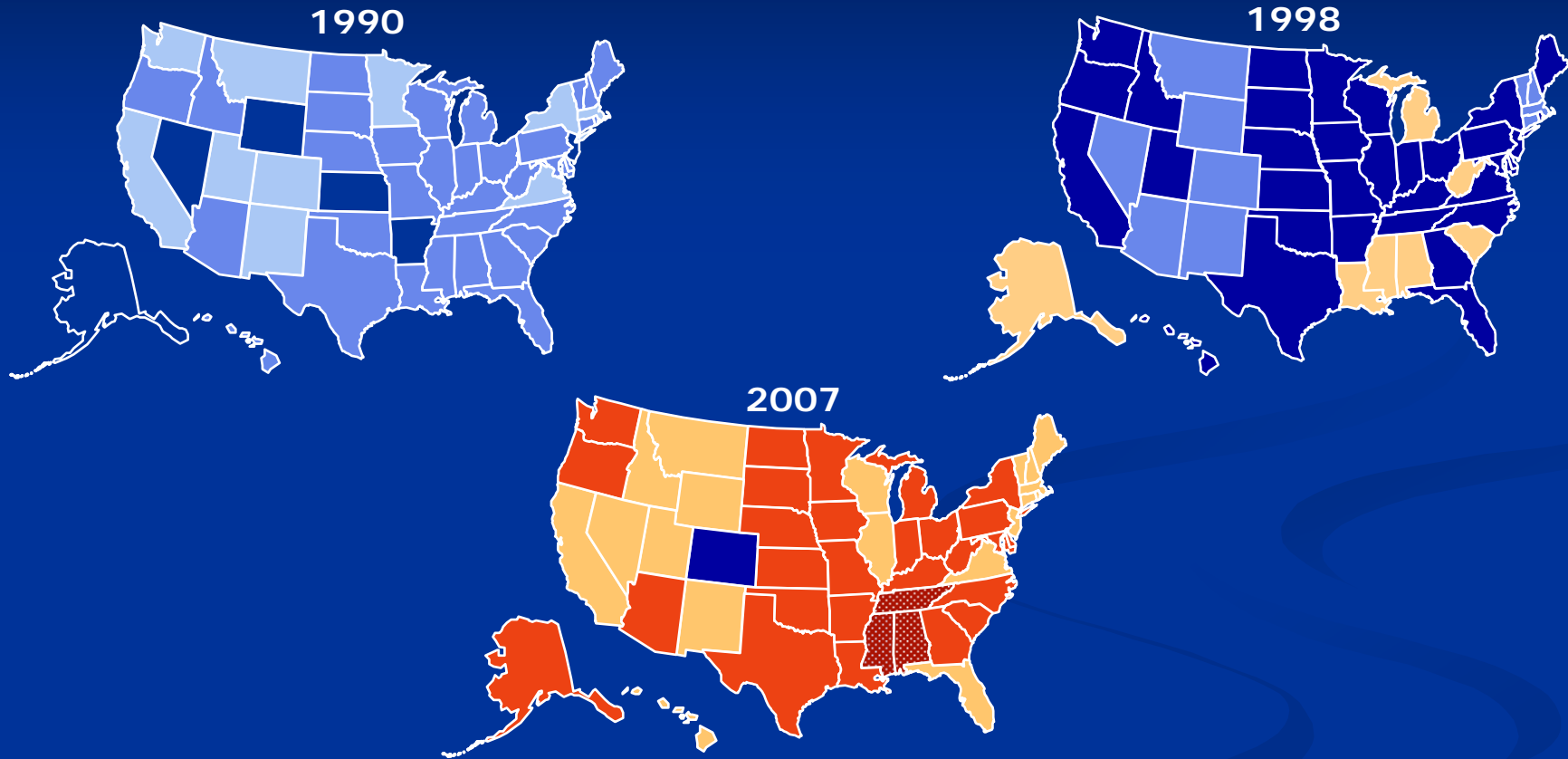
- **Commit to a Heart Healthy diet such as the Mediterranean Diet or a similar version.**
- **Avoid fad diets – there is no short cut to long term weight loss.**
- **Recent study in the NEJM notes that the most important aspect of the diet is the total caloric intake rather than the type of diet!**



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990, 1998, 2007

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



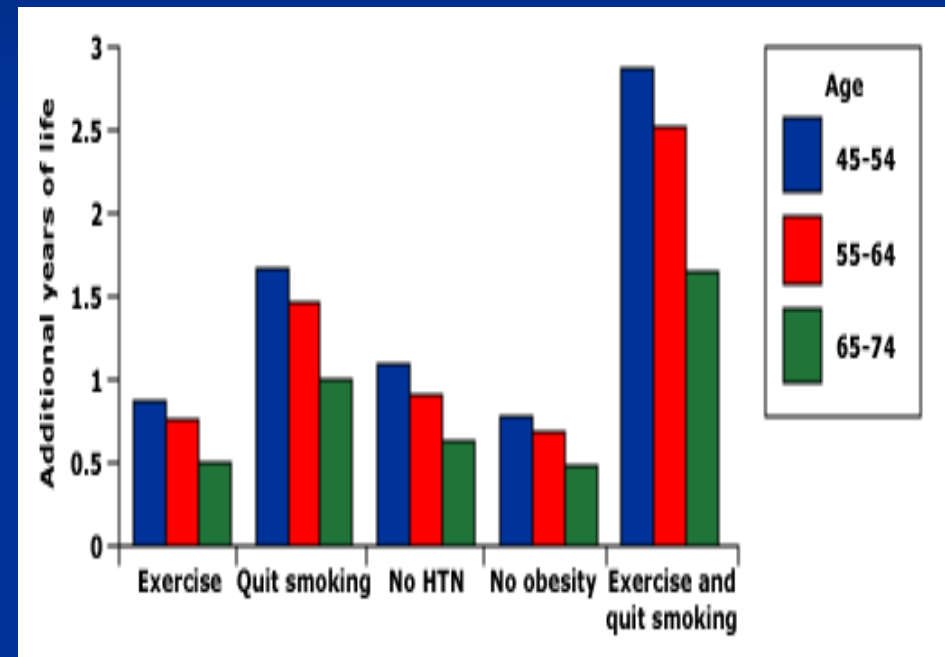
# How to Lower Your CV Risk

- **Set a goal of 30 minutes of aerobic activity five days a week. This is a minimal goal for cardiac fitness. More aerobic exercise will be required for weight loss.**
- **Discuss any vigorous exercise regimen with your doctor if you are a male over 45 or a female over 55 before you begin. This is especially true for anyone with known CV disease or multiple risk factors for CV disease.**
- **Life is a marathon not a sprint! Set realistic goals for exercise and stick to them over time.**



# Sedentary Life Style and CVD

- **Strong correlation between CV risk and exercise**
- **12% of all deaths in US related to lack of exercise**
- **Sedentary life style doubles the risk of a cardiac event**



# Reasons to Survive

