

Day of Dance

Presented by: Decatur Memorial Hospital



DANCE YOUR HEALTH OUT



Day of Dance[®] for Health is powered by Spirit of Women[®], a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

Day of Dance[®]
FOR HEALTH



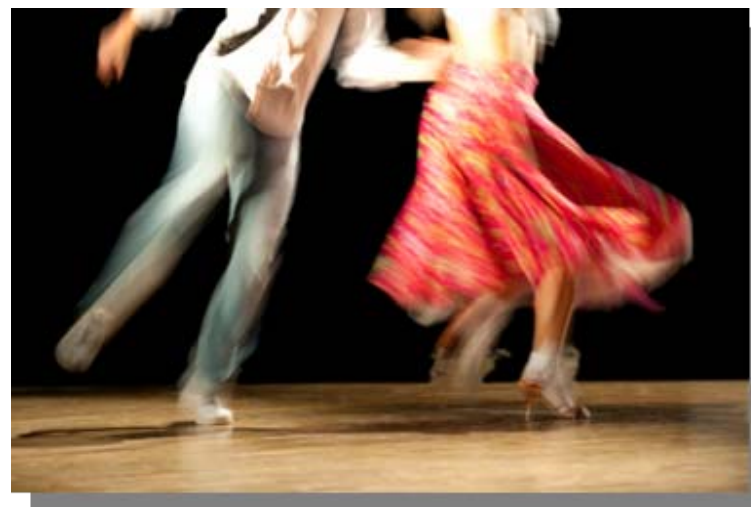
Welcome to our 2010 Day of Dance!





The positive benefits of dance:

- Exercise your whole body
- Enjoy yourself – it's FUN!
- Learn something new
- Feel the music
- Express yourself
- Make new friends
- Fall in love again!





**Your Health
Your LIFE!**





Heart Disease – why you should care

- ♥ Leading cause of death among both men and women, and a major cause of disability
- ♥ Claims more lives each year than all forms of cancer combined
- ♥ Will be responsible for 40% of deaths this year
- ♥ One of the most preventable health conditions



Matters of the heart : what you will learn today

- ♥ Cardiovascular system & how it works
- ♥ Heart disease
- ♥ Signs & symptoms of heart attack and stroke
- ♥ Risk factors – controllable & uncontrollable
- ♥ “Dances” to lower your risk & protect your heart



Cardiovascular System

• Consists of your: heart, lungs
& all blood vessels



- Blood delivers oxygen and nutrients and removes waste
 - Average heart beats 100,000 times & pumps 2000 gallons of blood – every day!



What is Cardiovascular Disease?

📍 Heart and blood vessel problems

Describes damage caused by:

- 📍 atherosclerosis (hardening of the arteries)
- 📍 inherited risk
- 📍 poor lifestyle habits





Common Types of Cardiovascular Disease

- ♥ Coronary Arterial Disease (CAD)
- ♥ Heart Attack
- ♥ Heart Failure
- ♥ High Blood Pressure
- ♥ Stroke
- ♥ Peripheral Arterial Disease (PAD)



What are the common signs and symptoms of a Heart Attack?

MEN

- ⚠️ Crushing, squeezing or burning pain, pressure, or fullness in the center of the chest that may radiate to the neck, one or both arms, the shoulders, or the jaw, with chest discomfort that lasts more than a few minutes or can go away and return
- ⚠️ Shortness of breath, dizziness, nausea, chills, sweating or weak pulse
- ⚠️ Cold and clammy skin, gray pallor, or a severe appearance of illness
- ⚠️ Fainting (rare)

WOMEN

- ⚠️ Shortness of breath. May occur with or without chest discomfort
- ⚠️ Nausea and light-headedness
- ⚠️ Flu-like symptoms, including chills and cold sweats
- ⚠️ Heart palpitations
- ⚠️ Chest discomfort (angina): pain, tightness or pressure in the center of the chest that lasts more than a few minutes, or that goes away and comes back
- ⚠️ Discomfort in other areas, including pain or discomfort in one or both arms (especially the left arm), the back, between the shoulder blades, neck, jaw, teeth or stomach
- ⚠️ Heartburn or indigestion
- ⚠️ Extreme fatigue



What are the common signs and symptoms of Stroke?

Sudden:

- ⚠ Numbness or weakening in the face, arm or leg - especially on one side of the body
- ⚠ Confusion, difficulty speaking or understanding
- ⚠ Vision problems in one or both eyes
- ⚠ Difficulty walking, dizziness, loss of balance / coordination
- ⚠ Severe, unexplained headache



Risk Factors for Heart Disease

Uncontrollable:

- ⚠ Increasing age
- ⚠ Gender
- ⚠ Heredity
- ⚠ Other heart conditions or sickle cell anemia

Controllable:

- ⚠ Manageable health conditions
- ⚠ Smoking and exposure to second-hand smoke
- ⚠ Obesity
- ⚠ Poor diet
- ⚠ Physical inactivity
- ⚠ Stress



What are other health conditions I need to manage for a healthy heart?

They include:

- o High blood pressure
- o Abnormal cholesterol levels
- o High triglycerides
- o Diabetes

Understanding these conditions and knowing your numbers will empower you to take control of your heart and overall health!



Understanding High Blood Pressure

- Makes your heart to work harder to pump blood
- Can result in the heart enlarging and weakening over time

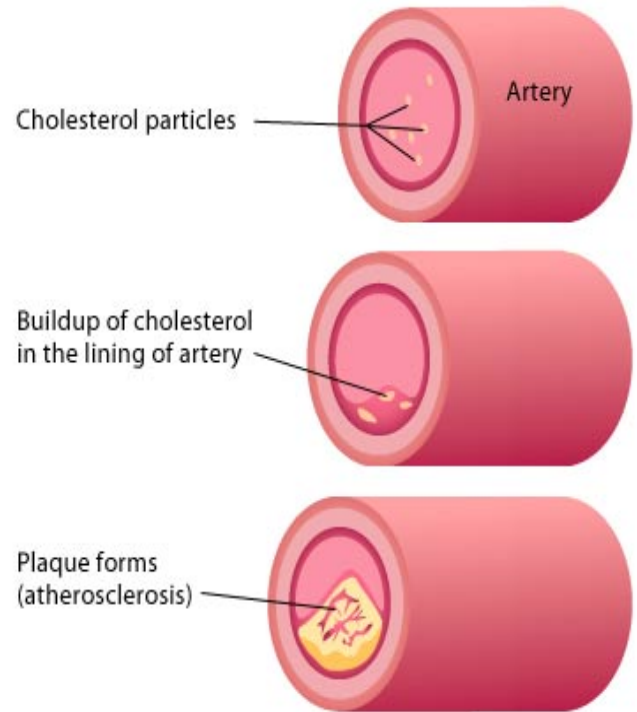
Normal blood pressure is 120/80 – systolic/diastolic. This is the “beat” pressure over the “rest” pressure





Understanding Cholesterol

- Found among the fats in the blood stream & in *all* the body's cells
- Where does it come from?
 1. Our own bodies
 2. Food
- Cholesterol can build up in the arteries and form plaque, narrowing the arteries and reducing blood flow





Understanding Triglycerides

A type of fat that circulates in the blood and is stored in the fat cells

- Unnecessary calories the body does not need are turned into triglycerides which are **stored in the fat cells** – if they are not burned off, they can contribute to obesity

High triglycerides raise your risk of heart disease and contribute to obesity.

Normal range:
<150 mg/ dL



Understanding Diabetes

Many people with diabetes also have

- high blood pressure
- high cholesterol
- excess weight (80% of people with type 2 diabetes are obese)

Combined, these add up dangerously – more than 65% of people with diabetes die from heart disease or stroke.

With proper management, risks *can* be significantly reduced!



Know your risk!

Any **one** of these **controllable factors** can increase your risk for heart disease... and **the more factors** that apply to you, the more your risk increases!

- ⚠ High blood pressure
- ⚠ Abnormal cholesterol
- ⚠ High triglycerides
- ⚠ Diabetes
- ⚠ Smoking and exposure to second-hand smoke
- ⚠ Obesity
- ⚠ Poor diet
- ⚠ Physical inactivity
- ⚠ Stress



How can I dance my way to a healthy heart?

- ♡ Partner with your doctor
- ♡ Stop smoking
- ♡ Maintain a healthy weight
- ♡ Follow a heart healthy diet
- ♡ Activate your life – exercise!
- ♡ Reduce stress





How can I dance my way to a healthy heart?

Fox Trot to your doctor's office...

- Share your signs and symptoms
- Review family medical history
- Take prescribed tests -- these are often easy, quick and non-invasive
- Aspirin therapy may be right for you





Smoking

- The **most preventable** cause of death
- Quitting is the **single best thing** you can do for your health
- Lowers good (HDL) cholesterol levels
- Damages blood vessels
- Increases blood clotting





How can I dance my way to a healthy heart?

Do the **Quick-step** to quit smoking

- ⊘ Get Help! - from your physician, family and friends
- ⊘ Set a quit date & stick to it
- ⊘ List the reasons for quitting & the benefits
- ⊘ Start a new hobby - keep busy!



Obesity

Your risk of heart disease is increased if:

- You are more than 20lbs over your healthy weight
- Your waist measures
 - 35 inches or more (women)
 - 40 inches or more (men)
- Your Body Mass Index (BMI) is 25 or higher
 - This is your weight relative to your height

⚠️ WARNING:
Visceral
(belly)
fat





How can I dance my way to a healthy heart?

Limbo your way to a healthier weight



- Set a goal – **how low can you go** and achieve it?
- Partner up – get support from friends and family
- It's a simple equation: burn more calories than you consume!
- You will look, feel and BE healthier!



Physical Inactivity

- More than doubles your risk for heart disease
- Leads to depressed function of the cardiovascular system
- Leads to obesity and other **preventable health problems** that raise your risk!

Sedentary lifestyles and lack of exercise are simply **BAD** for your heart and overall health -- get moving!

DON'T BE A COUCH POTATO!

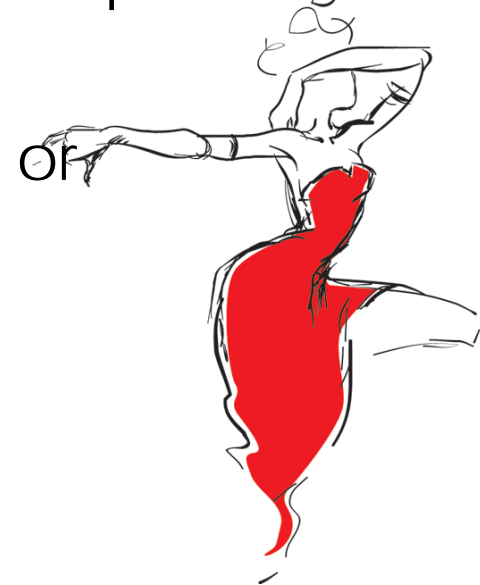




How can I dance my way to a healthy heart?

Do the **Hustle** to increase your physical activity

- From the waltz to the boogie – every step counts!
- ♡ Take the stairs
- ♡ Walk the treadmill while watching TV or play interactive video games
- ♡ Choose “active” activities – like a **DANCE CLASS!**





Poor Nutrition

- ❗ Raises “bad” cholesterol, blood pressure and triglyceride levels
- ❗ Causes damage to cell membranes and arteries
- ❗ Contributes to obesity

Includes consuming too much:

- “Bad” fat
- Sugar
- Sodium
- Alcohol



And not enough:

- Fruits, vegetables and legumes
- Whole grains
- Lean proteins
- Nuts and seeds
- Water





How can I dance my way to a healthy heart?

Salsa your way to healthy eating with a fresh variety of nutrient-packed whole foods



Eat Plenty of:

- 🍎 Fruits and vegetables
- 🥑 "Good" fats
- 🌾 Whole grains (high fiber)
- 🥛 Fat free / low-fat dairy
- 🥩 Low fat protein



Avoid:

- ⚠️ Trans and saturated fats
- ⚠️ Cholesterol
- ⚠️ Alcohol
- ⚠️ Sodium



Stress

Stress can:

- Raise blood pressure and increase fluid retention
- Encourage poor health habits, including:
 - Smoking
 - Improper nutrition
- Interfere with relationships and everyday life



How can I dance my way to a healthy heart?

Let stress go through **Lyrical Dance**

- Meditate
- Feel the benefit of massage
- Practice controlled breathing
- Do things you enjoy
- Spend time with the people you love
- Make time for YOU



Other “moves” to keep your heart healthy

- Practice good oral hygiene
- Get plenty of sleep
- Enjoy yourself
- Laugh and have FUN!





Be good to your heart:

**Join the Conga Line
of good health and
long life!**





References

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