



The Heart Truth Ohio Primary Care Partnerships to Prevent Heart Disease in Women

Background

Heart disease is the leading cause of death in Ohio. According to the Ohio Department of Health, more than 75% of adults in Ohio have at least one of the modifiable risk factors for heart disease: weight management, diabetes, lack of physical activity, high cholesterol, smoking and high blood pressure. Primary care settings are one of the key points of access to screening, assessment, prevention, early intervention, referral and treatment for women at risk for heart disease.

Purpose of Program

To expand the role of primary care in the prevention and treatment of heart disease risk factors, and the diagnosis of the metabolic syndrome and heart disease among women aged 40-75, with specific emphasis on blood pressure control, tobacco cessation, lipids control, diabetes control, weight loss or control, and symptoms of heart disease utilizing The Heart Truth educational program materials.

What we can do for you

At no cost to your group or organization, we can share The Heart Truth professional education materials in a variety of venues or events tailored to your specific needs, such as:

- Breakfast, lunch or dinner meetings
- Speakers for scheduled conferences
- Grand rounds presentations
- Teleconferences
- Staff educational workshops and meetings
- Seminars
- Residency programs

How you can reach us

Please call (216) 368-3877 and ask to speak to Laura Pavlik, Project Manager. You can also email Laura at laura.pavlik@case.edu

We look forward to hearing from you!

Checklist to Cover with your Primary Care Physician



Have you had a conversation about heart disease? Yes No

Family history of heart disease? Yes No

Date of Birth: _____ Age: _____ years
Waist Circumference: _____ inches Date _____
Weight: _____ pounds Ideal Weight _____
Weight plan discussed: _____

Referral given? Yes No

Place of referral _____
Education materials provided _____
Web referral _____

Blood Pressure _____ / _____ Target _____
Medications Rx: _____

Education materials provided _____
Web referral _____

Activity Assessment Yes No
Activity recommendation: _____ minutes/week Intensity _____
Education materials provided _____
Web referral _____

Smoking
Do you smoke? Yes No
Has smoking cessation been recommended? Yes No
Program recommended: _____
Education materials provided _____
Web referral _____

Lipid Assessment
Tested? Yes No
HDL _____ mg/dL Target _____
LDL _____ mg/dL Target _____
TG _____ mg/dL Target _____
Education materials provided _____
Web referral _____

Blood Glucose _____ mg/dL Target _____
Tested? Yes No
Medications Rx _____

Education materials provided _____
Web referral _____



**Hard Coronary Heart Disease
(10-year risk)**

Women

Calculator for 10 year risk of Myocardial Infarction or Coronary Death



Predictors

- Age _____
- Total cholesterol _____
- Smoking status _____
- Systolic BP _____
- Treatment for hypertension _____
- HDL _____

Points by Category

Other High Risk Behaviors Not Included in the Calculation:

- Diabetes
- Physical Inactivity
- Family History of CVD

TOTAL _____ **10-YEAR RISK** _____

Framingham Point Scores	
Age	Points
20 - 34	-7
35 - 39	-3
40 - 44	0
45 - 49	3
50 - 54	6
55 - 59	8
60 - 64	10
65 - 69	12
70 - 74	14
75 - 79	16

Total Cholesterol	point by age				
	20 - 39	40 - 49	50 - 59	60 - 69	70 - 79
< 160	0	0	0	0	0
160 - 199	4	3	2	1	1
200 - 239	8	6	4	2	1
240 - 279	11	8	5	3	2
≥ 280	13	10	7	4	2
Nonsmoker	0	0	0	0	0
Smoker	9	7	4	2	1

Systolic BP (mmHg)	if untreated	if treated
< 120	0	0
120 - 129	1	3
130 - 139	2	4
140 - 159	3	5
≥ 160	4	6

HDL (mg/dL)	Points
≥ 60	-1
50 - 59	0
40 - 49	1
< 40	2

Point Total	10-year risk
9	1
11	1
13	2
15	3
17	5
19	8
21	14
23	22
≥ 25	≥ 30

The Heart Truth

- ♥ One in 4 women in the United States dies of heart disease, while 1 in 30 die of breast cancer.
- ♥ There are many risk factors you can change. There are only a few risk factors you can't change.
- ♥ Changing your risk factors can decrease your risk for a heart attack by 90%.
- ♥ High blood pressure (hypertension) is a silent killer that can be treated.
- ♥ Coronary artery disease is caused when plaque (fat or cholesterol) forms on the inner walls of the blood vessels which can lead to chest pain, blood clots, a stroke or a heart attack.

10 Questions to Ask Your Doctor

1. What is my risk for heart disease?
2. What is my blood pressure? What do I need to do about it?
3. What are my cholesterol numbers?



Total cholesterol

HDL or "good" cholesterol

LDL or "bad" cholesterol

Triglycerides



4. Do I need to lose weight? What is my waist measurement and BMI?

5. What is my blood sugar? Am I at risk for diabetes?



6. What screening tests do I need?

7. What can you do to help me quit smoking?



8. How much physical activity do I need to help protect my heart?

9. What is a heart-healthy eating plan for me? Should I see a registered dietitian to learn about healthy eating?

10. How can I tell if I'm having a heart attack?



DO YOU HAVE ANY OF THESE RISK FACTORS FOR HEART DISEASE?

Non-controllable risk factors:

- Family history of coronary artery disease or stroke
- Age 55 or older
- Being post-menopausal, or having your ovaries removed

Controllable risk factors:

- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive

Heart disease is the #1 killer of women, but many do not know they are at risk. Talk to your doctor, find out your risk, and take action to lower it.

It's not what you know, it's what you do with what you know.

-Anonymous



IN PARTNERSHIP WITH



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For additional copies of this guide or to comment on this content, please contact Case Western Reserve University, Mt. Sinai Skills and Simulation Center at 1551 East 105th Street, Cleveland, Ohio, 44106 (216-368-0064).

To learn more about heart disease and women, go to www.nheft.org.

This guide provides selected resources for women of diverse backgrounds. It is not intended to be a comprehensive guide. Inclusion of resources in this guide is informational only and does not represent an endorsement of specific organizations.

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A HEALTHCARE PROVIDERS GUIDE

Resources for Women in Ohio

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

- World Health Organization, 1948



Helping women make heart healthy changes and choices

COULD YOU USE SOME EXTRA HELP?

- I would like to quit smoking
- I have high cholesterol
- I have high blood pressure
- I have a problem with drugs
- Other people think I have a problem with drugs
- I have diabetes
- I would like to lose weight
- I am not able to do the things I used to do because of my weight
- I have noticed a decrease in my energy level
- I often feel down, unhappy, stressed and/or anxious
- I have stress from money problems and don't know where to turn
- I would like to make changes in my life but need help

If any of these statements apply, this guide has information that can help.

Health experts agree that physical activity is a key to heart health.

The recently released Physical Activity Guidelines for Americans <http://www.hhs.gov/safety/index.html>. support and refine these suggestions, focusing on recommendations for duration and types of physical activity.

The Centers for Disease Control and Prevention (CDC) has posted Physical Activity for Everyone on their Web site:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Moderate physical activity can improve mood and sense of well being, add energy and help control weight. It improves balance and bone and muscle strength, and helps to prevent falls and fractures.

Here are five small steps to becoming more active:

- Keep a pair of walking shoes in your car or office and walk around the block during your lunch hour, or walk to a restaurant 10-15 minutes away.
- Take the stairs instead of the elevator.
- Go to the park with family on the weekend.
- Spruce up your garden, mow the grass, or wash the car.
- Walk in place while you watch TV.

Healthy Ohio also provides tools and information to help Ohioans lead more active lives. For additional information, please go to the Healthy Ohio <http://healthyohio.org> or contact The Office of Healthy Ohio at (614) 466-1663.

**Healthy
Ohio**
The State of Living Well.

WHAT IS THE HEART TRUTH OHIO?

The Heart Truth Ohio is part of a national campaign for women about heart disease sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health. Since 2002, *The Heart Truth* has been promoting women and heart disease awareness through educational outreach and materials and its Red Dress symbol.

WHO CAN HELP AND HOW?

Organizations in your community can help you improve and maintain your heart health. Health-care professionals can help you manage diabetes, quit smoking, quit using drugs and/or alcohol, lose weight and manage your stress. There are also professionals available to assist with money and legal problems. Help is available; you just need to know where to go. That's how this guide can help you.

IT IS NEVER TOO LATE TO ASK FOR HELP

Finding the resources you need now will help you lead a heart healthier life and help you get through difficult situations that can negatively affect your overall health. Help finding resources is available by dialing 211 in most areas, or online at www.211cleveland.org or www.211.org, or call 211/First Call for Help at 2-1-1 or 216-436-2000 and you will be directed to the appropriate resources 24 hours a day everyday.



The greatest wealth is health. ~ Virgil

***She who has health, has
hope. And she who has
hope, has everything.***

Thomas Carlyle



Defeat Diabetes Foundation (DDF)

www.defeatdiabetes.org

The Defeat Diabetes Foundation is a non-profit organization that has a variety of programs in all 50 states. The mission of the organization is the prevention, early identification, self management, and education about diabetes. Support and diabetes education groups are listed by county on this website.

American Diabetes Association

1-800-DIABETES

www.diabetes.org

Local community programs and events can be found through this website.

DIABETES SUPPORT

***Ohio Department of Mental
Health (ODMH)***

(877) 275-6364

www.mh.state.oh.us/

The Ohio Department of Mental Health works to assure access to quality mental health services for Ohioans at all levels of need and life stages.

NAMI Ohio

(614) 224-2700

www.namiohio.org

The National Alliance for the Mentally Ill maintains a helpline for information on mental illnesses and referrals to local groups.

MENTAL HEALTH SERVICES

Weight Watchers

(800) 651-6000

www.weightwatchers.com

Weight Watchers provides an integrated approach emphasizing good eating choices, healthy habits, a supportive environment and exercise. Use the above link to find local meetings.

Overeaters Anonymous (OA)

(505) 891-2664

www.oa.org

OA offers a program of recovery from compulsive eating. Use the above link to find local meetings.

Food Addicts Anonymous (FAA)

(561) 967-3871

www.foodaddictsanonymous.org

FAA is a fellowship of men and women who are willing to recover from the disease of food addiction. The FAA program is based on the belief that food addiction is a bio-chemical disease.

WEIGHT LOSS

If you have health insurance...

Your insurance company can give you information about covered services and a list of approved providers.

If you do not have health insurance...

- You may be eligible for Medicaid coverage through County Employment & Family Services programs. Please call First Call for Help at 211 or 216-436-2000 to get the phone number for the county where you live or visit www.211.org.
- There are community health clinics that provide primary medical care free of charge or for a fee that varies based on patient income. Please call First Call for Help at 211 or 216-436-2000 24 hours, 7 days a week for a referral to a clinic in the area where you live, or visit www.211.org.

If you need assistance with prescription drug coverage...

State agencies and community organizations worked together with America's pharmaceutical companies to develop Rx for Ohio to help low-income, uninsured Ohio residents get free or discounted brand-name medicines. Call 877-RX-4-OHIO or visit www.rxforohio.org for more information.

HEALTHCARE

Ohio Department of Job and Family Services

(877) 852-0010

http://jfs.ohio.gov/ocomm_root/0002OurServices.stm

Provides link to a variety of financial services and programs in Ohio.

Consumer Credit Counseling Service of Ohio

(800) 355-2227

www.cccservices.com

Offers education and solutions for people with financial problems. Helps with alternatives to bankruptcy.

Ohio Benefit Bank (OBB)

(800) 648-1176

www.obb.ohio.gov

The Ohio Benefit Bank is a public-private partnership to connect low and moderate-income Ohioans with access to work supports such as tax credits and public benefits. To find a benefit site near you, please follow this link:

<https://secure.thebenefitbank.com/ums?task=locator>

Referrals to other financial assistance agencies:

For referrals to additional agencies that can help with mortgage foreclosure or other financial issues, please call First Call for Help at 211 or (216) 436-2000.

FINANCIAL ASSISTANCE

211/First Call for Help

211 or (216) 436-2000

www.211.org

Provides referrals for alcohol and drug abuse counseling and treatment 24 hours, 7 days a week.

Alcoholics Anonymous (AA)

(800) 835-1935

12-step fellowship group to assist alcoholics. Free of charge.

To search for meetings by geographic area:

www.aa.org/land/en/meeting_finder.cfm?origpage=29

Narcotics Anonymous (NA)

(888) 438-4673

www.na.org

Offers 12-step support groups for recovering drug addicts.

1-800-QUIT NOW

A free service to help people stop smoking or quit other forms of tobacco use.

Search for services in your geographic area through this link:

<http://1800quitnow.cancer.gov/services.aspx>

Ohio Tobacco Quit Line

(800) 784-8669

www.ohioquits.com

Provides toll-free telephone counseling for those who want to quit smoking.

Enrolled clients may receive a supply of nicotine patches at a reduced cost.