



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



Empower your Body, Mind & Soul

HEART DISEASE

Featured by Dr. Eugene Grosvenor



What is Heart Disease?

There are several forms of heart disease. Atherosclerosis (blocked blood vessels) is the leading form, with mechanical or structural problems, being the second most common. Blocked vessels limit oxygen and nutrients from reaching the heart muscle causing them to overwork and die (myocardial infarction). An overworked heart can also stretch or become floppy and prevent the heart from squeezing the blood out properly (congested heart failure). Bacteria or viruses can also attack the heart and weaken its function. Sometimes the electrical activity of the heart can malfunction causing irregular beats known as arrhythmias, and if severe enough, will cause the heart to stop pumping altogether (sudden cardiac arrest). Less commonly, a child may be born with a heart defect.

So then, banish anxiety from your heart and cast off the troubles of your body, for your youth and vigor are meaningless. Ecclesiastes 11:10

What are the causes and symptoms of Heart Disease?

Sometimes the symptoms are subtle (or absent) and other times not so subtle, that is why routine screening is so critical to catching Heart Disease before it costs a life. The classic complaint is a crushing sensation on the chest, some say "it feels like an elephant is sitting on my chest." The pain can be brought on by exertion, anxiety, or may develop at rest. More subtle symptoms may be upper back pain, shoulder, neck or jaw pain, left arm numbness or tingling, palpitations (skipped or extra heart beats), vomiting, extreme nausea or sweating, or unexplained shortness of breath. Silent heart attacks (without noticeable symptoms) frequently occur.

Prevalence & Statistics

Over 60 million Americans have some type of heart disease. 1 in 5 males and females have some form of heart disease. In the U.S a heart attack is experienced every 20 seconds. More than 2,600 Americans die of heart disease daily, averaging 1 death every 33 seconds. Death from heart disease affects the black community to a greater extent in the table below where rates are at the value per 100,000.

<u>GENDER</u>	<u>BLACK</u>	<u>WHITE</u>
Men	533	419
Women	401	295

If all forms of heart disease were eliminated the U. S life expectancy rate would increase by seven years.

Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23.

HEALTH RECOMMENDATIONS



1. **EXERCISE** to strengthen the heart and cardiovascular system, to improve overall body circulation and oxygen usage, to build endurance and store energy, to lower blood pressure and to reduce stress.
2. **EAT & DRINK SENSIBLY** since food alcohol may initially seem to lessen stress but actually worsen stress especially with abuse.
3. **STOP SMOKING** when reference is made to the obvious bad effects, nicotine acts as a stimulant to increase stress.
4. **TAKE RESPONSIBILITY** and learn to let go of what you cannot control and give it to God.
5. **RELAX DAILY** with daily meditation and prayer to allow the mind and body a period of relaxation.
6. **SET REALISTIC GOALS & EXPECTATIONS** and know that you must be dependent upon God for all your accomplishments.
7. **SEE YOUR DOCTOR REGULARLY** for checkups and physical exams

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