



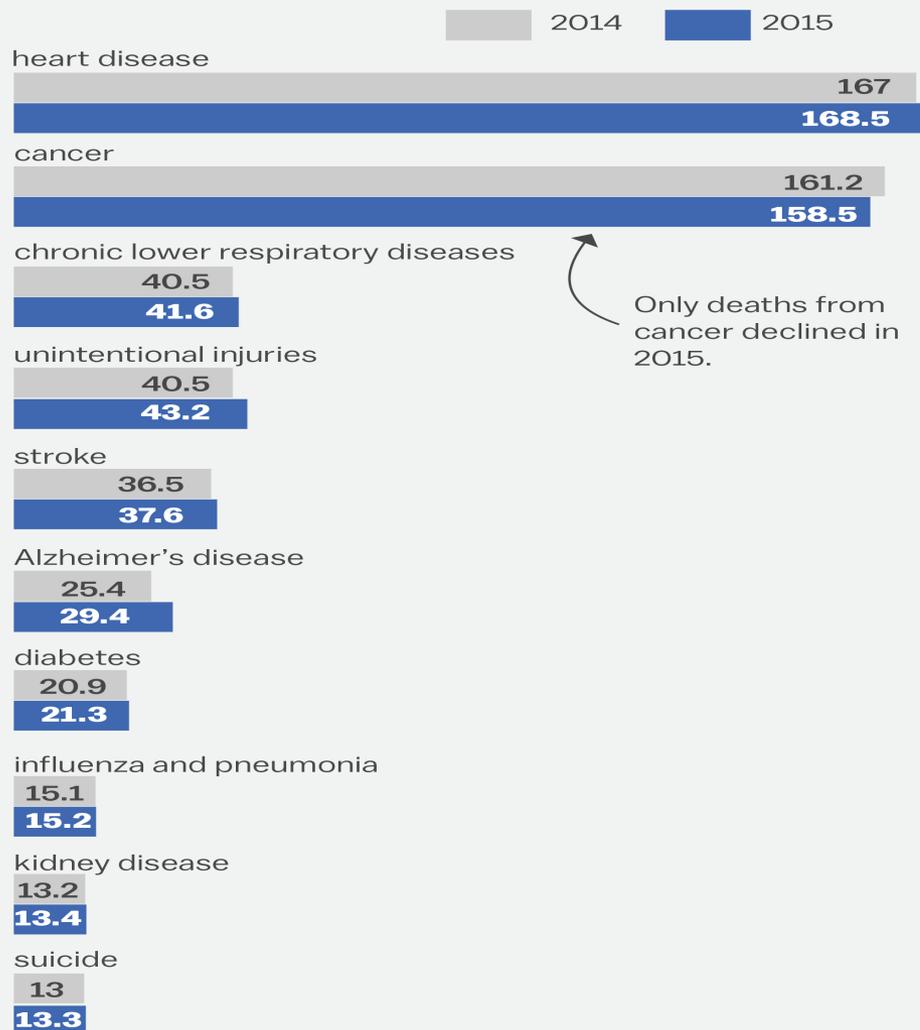
Heart Disease

- Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers

3 John 1:2

Only one major cause of death in the US saw a decline in 2015

Rate of death for every 100,000 people



Source: National Vital Statistics System
Credit: Sarah Frostenson

Vox

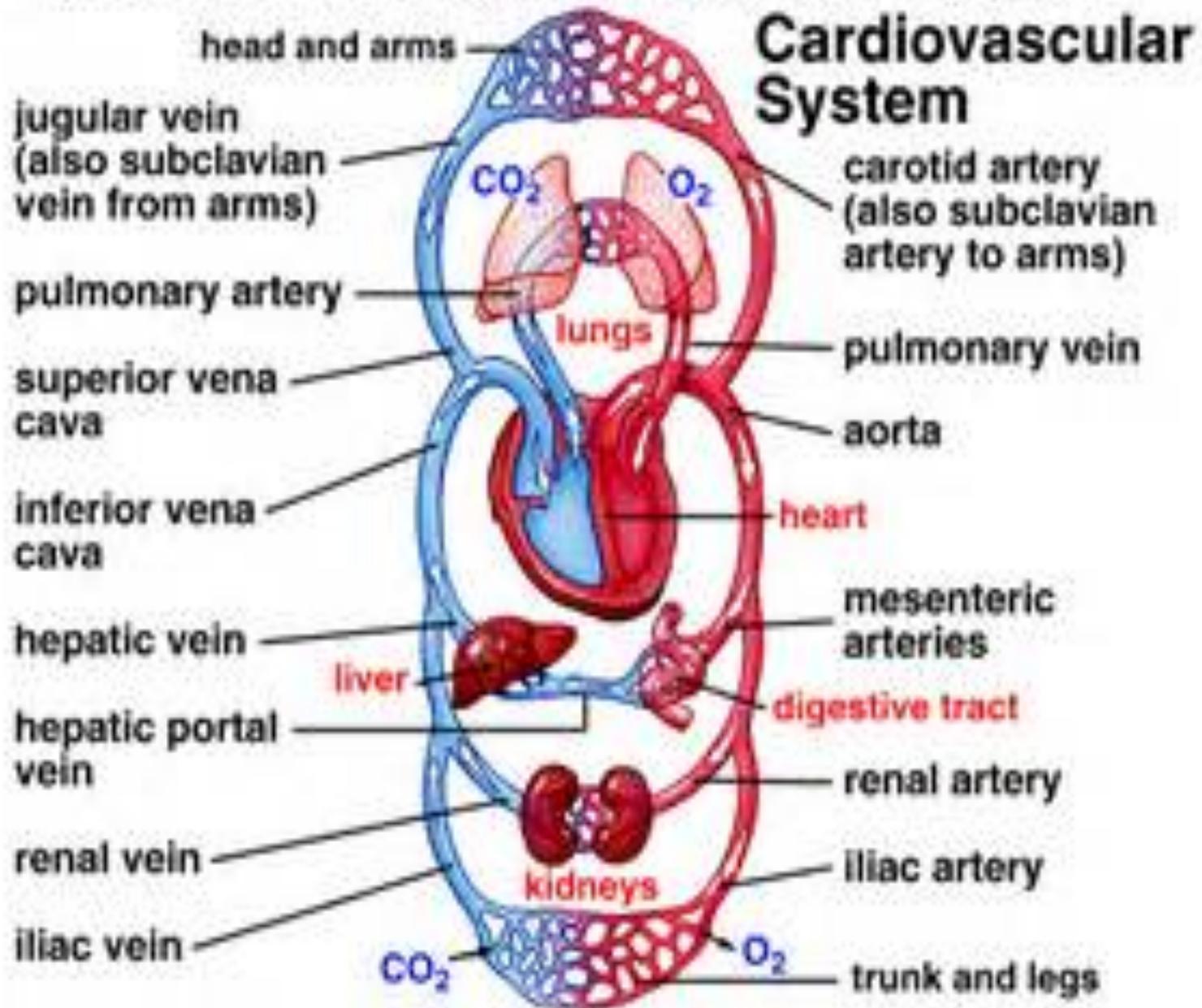
- Heart disease describes a range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

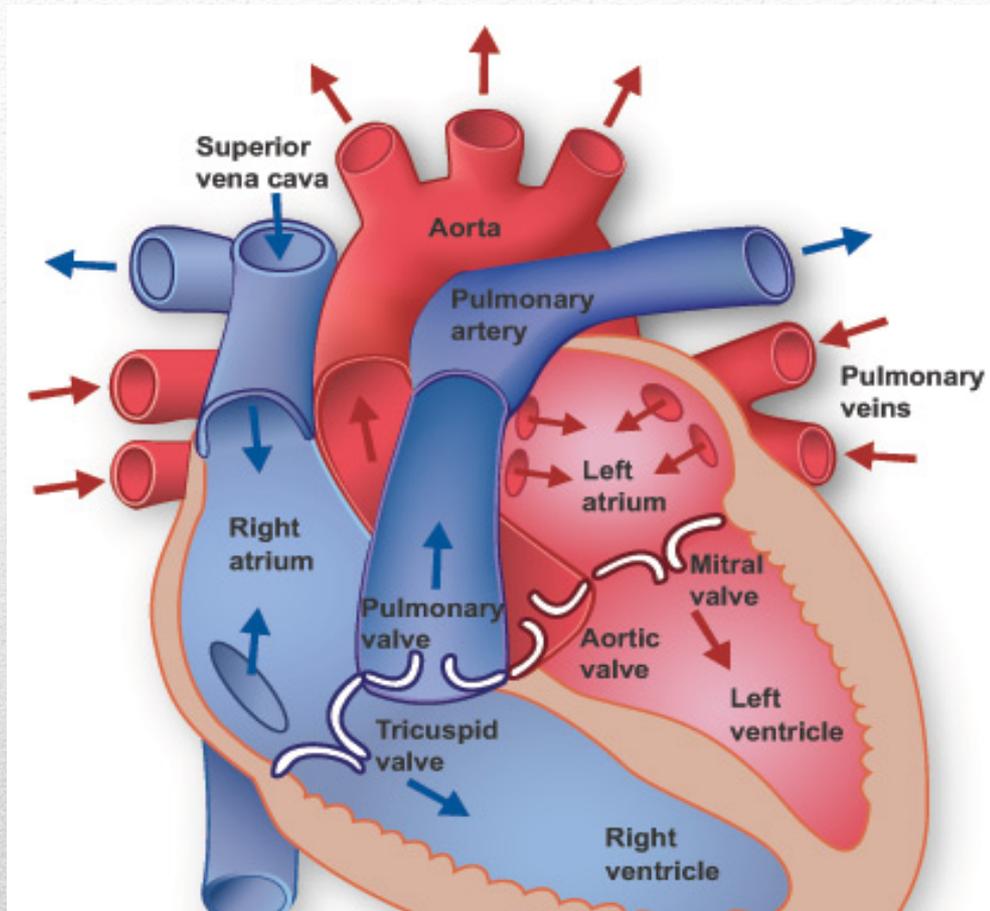
- (<http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/definition/con-20034056>)

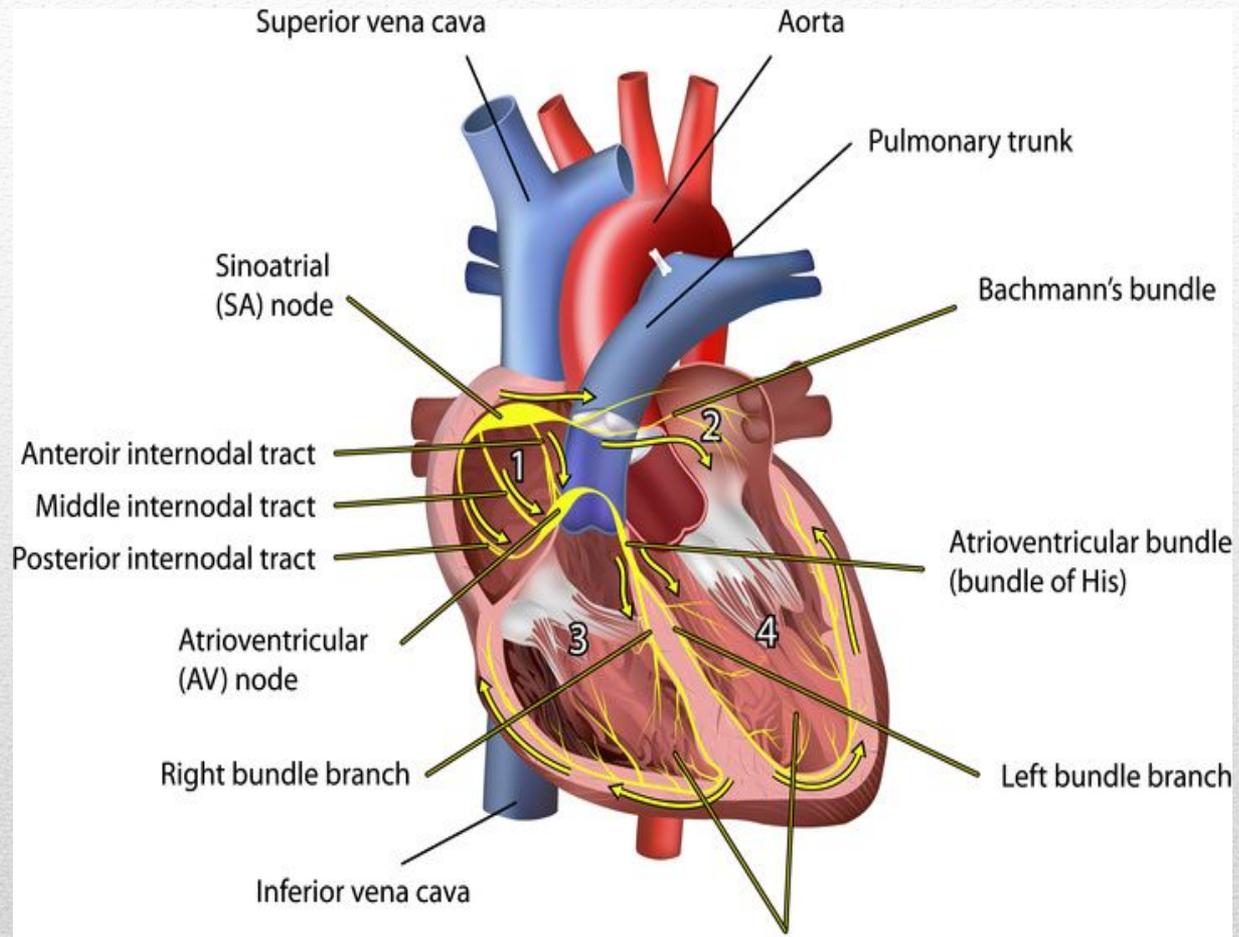
Heart Disease definition

- I will praise You, for I am fearfully and wonderfully made; Marvelous are your works, And that my soul knows very well.

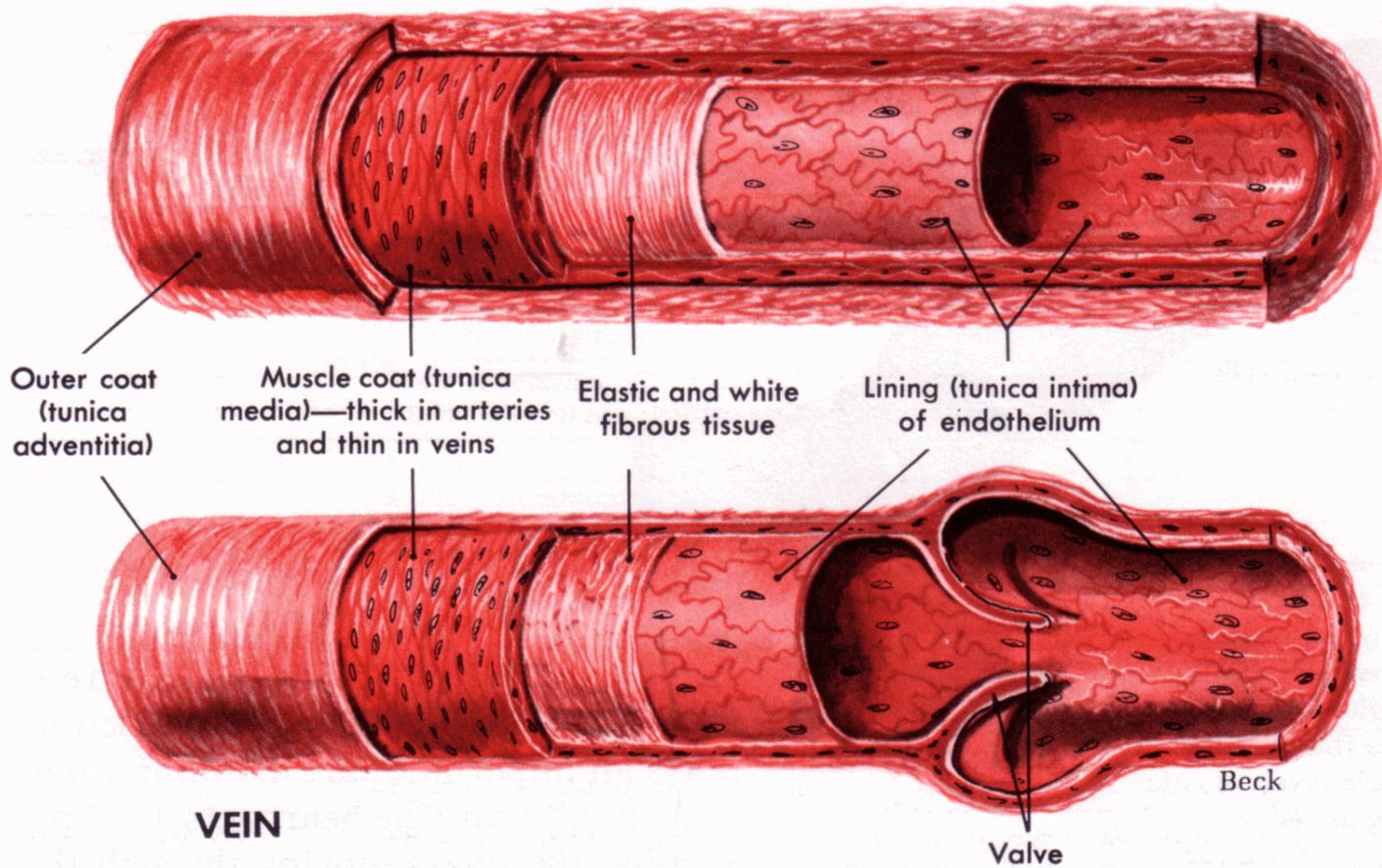
Ps 139:14







ARTERY



VEIN

Schematic drawings of an artery and vein showing comparative thicknesses of the three coats: outer coat (tunica adventitia), muscle coat (tunica media), and lining of endothelium (tunica intima). Note

- The term "heart disease" is often used interchangeably with the term "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

- (<http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/definition/con-20034056>)

- Disease affecting the heart are including:
- Coronary artery disease,
- Heart rhythm disorders,
- Congenital heart defects,
- Heart muscle disease.

Disease affecting the heart

- High Blood Pressure (HBP or hypertension) is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high.

- (http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/The-Facts-About-High-Blood-Pressure_UCM_002050_Article.jsp#.WMA7oIWHoio)

Hypertension

- Heredity
- Age
- Gender
- Race

Non modifiable causes

- Lack of physical activity
- Unhealthy diet
- Being overweight or obese
- Drinking alcohol
- Smoking
- Stress

Modifiable causes

Blood Pressure

	Systolic	Diastolic
• Normal	less than 120	less than 80
• Prehypertension	120 – 139	80 – 89
• High Blood Pressure (Hypertension) Stage 1	140 – 159	90 – 99
• High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher
• <u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	Higher than 110

Hypertension

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3 John 1:2
