



# Heart Disease

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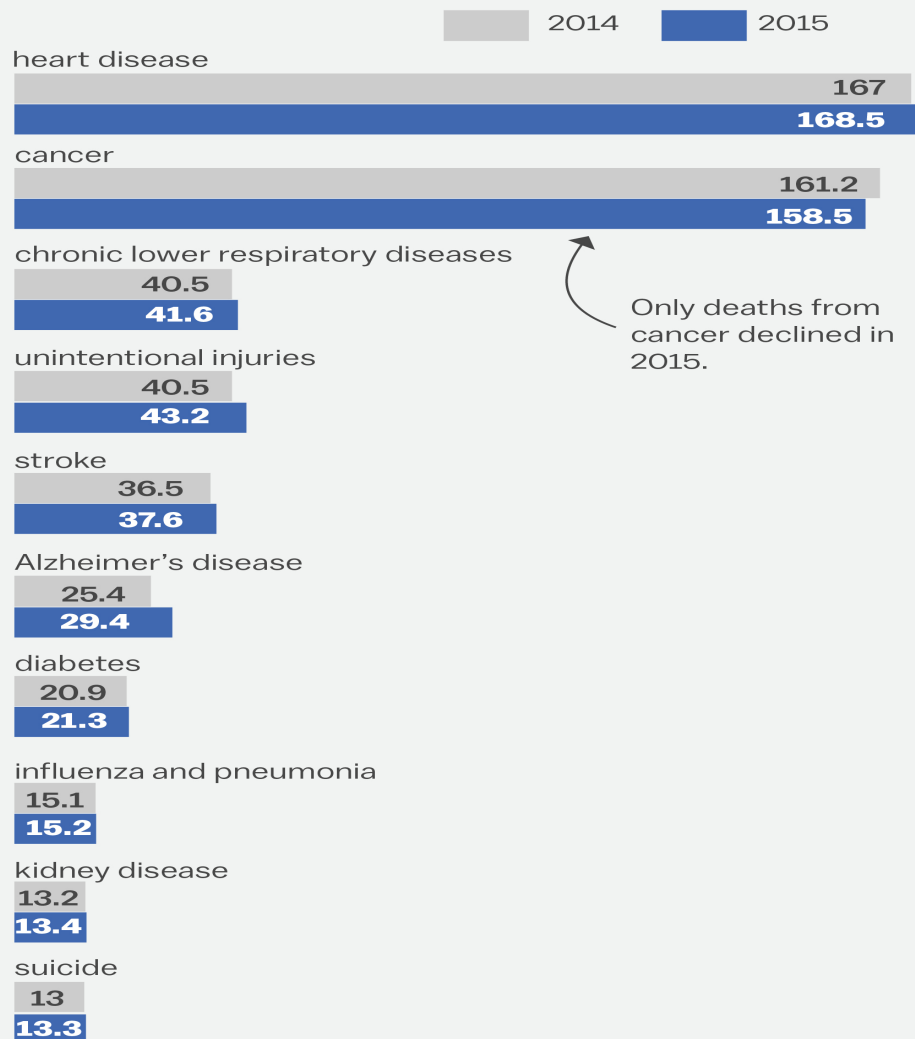
- Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers

**3 John 1:2**

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## 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>)

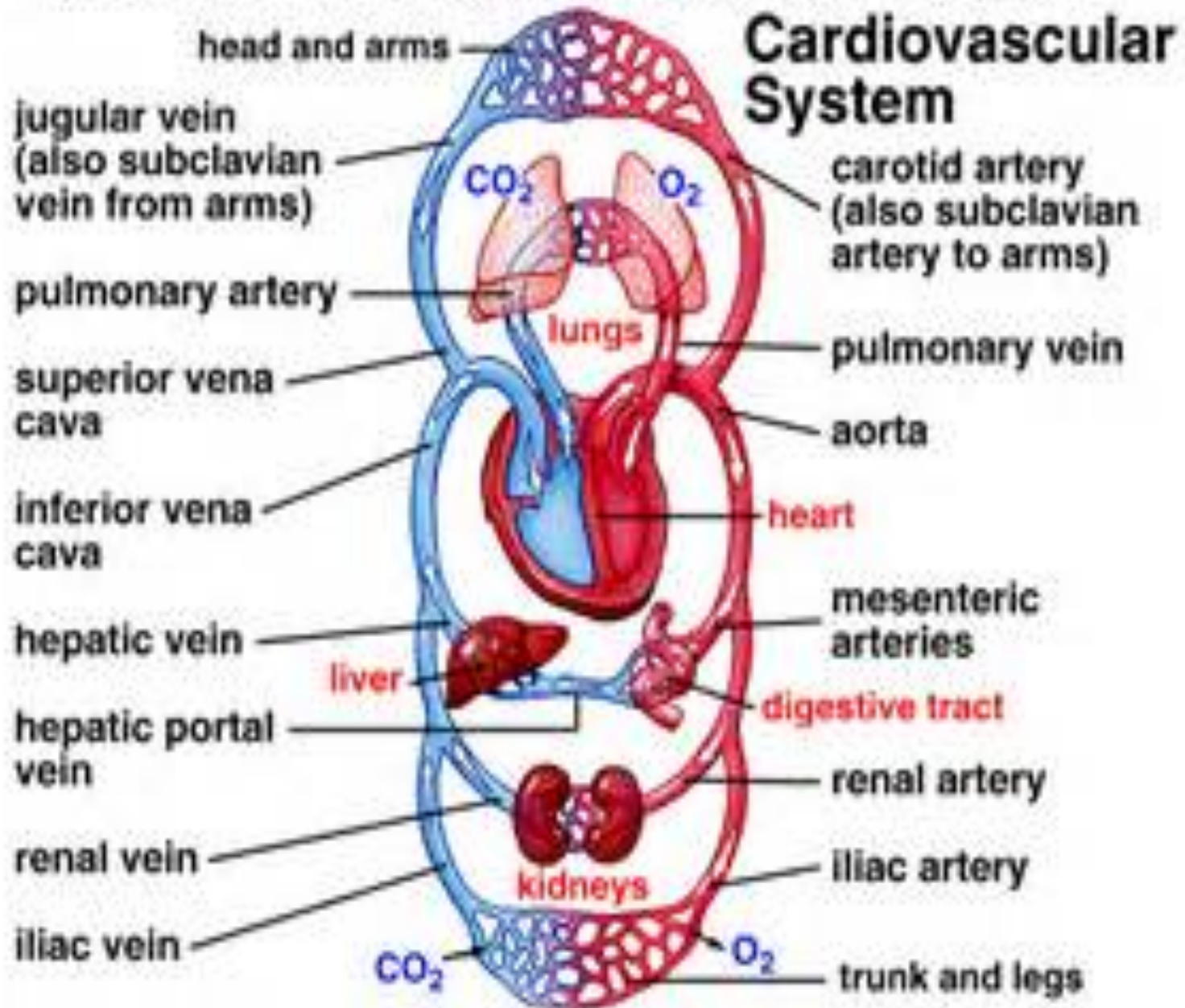
# Heart Disease definition

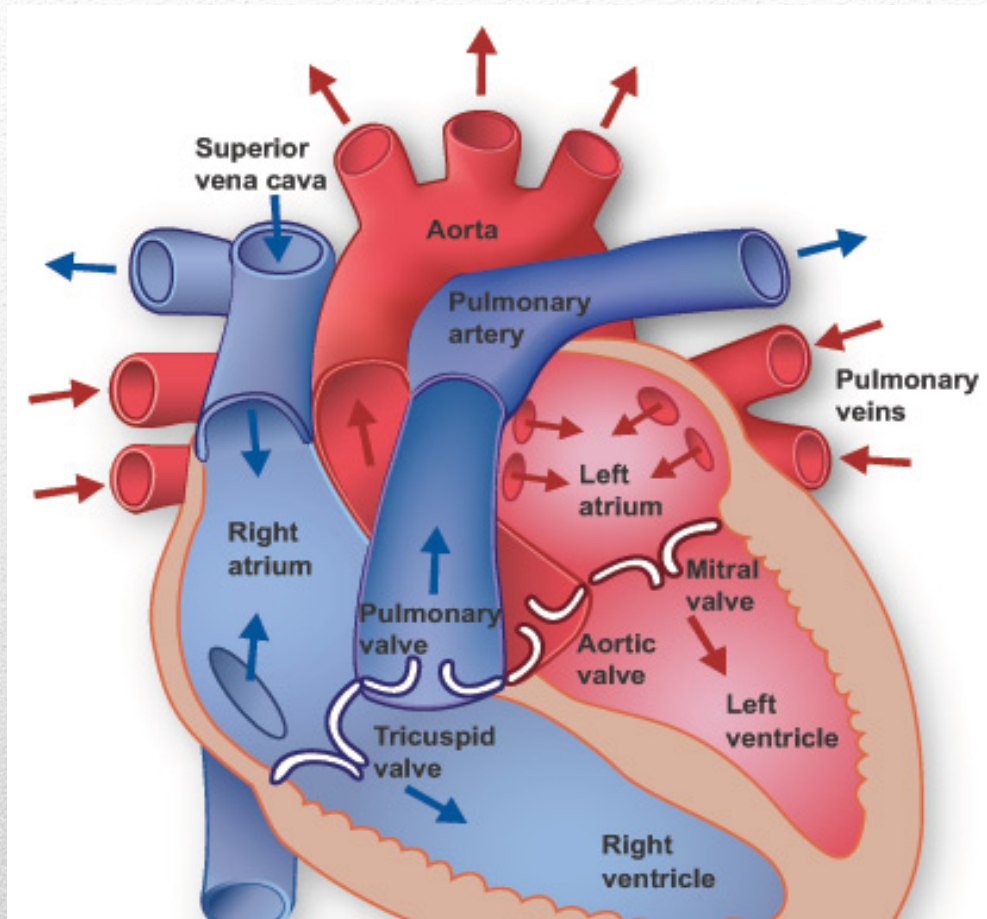
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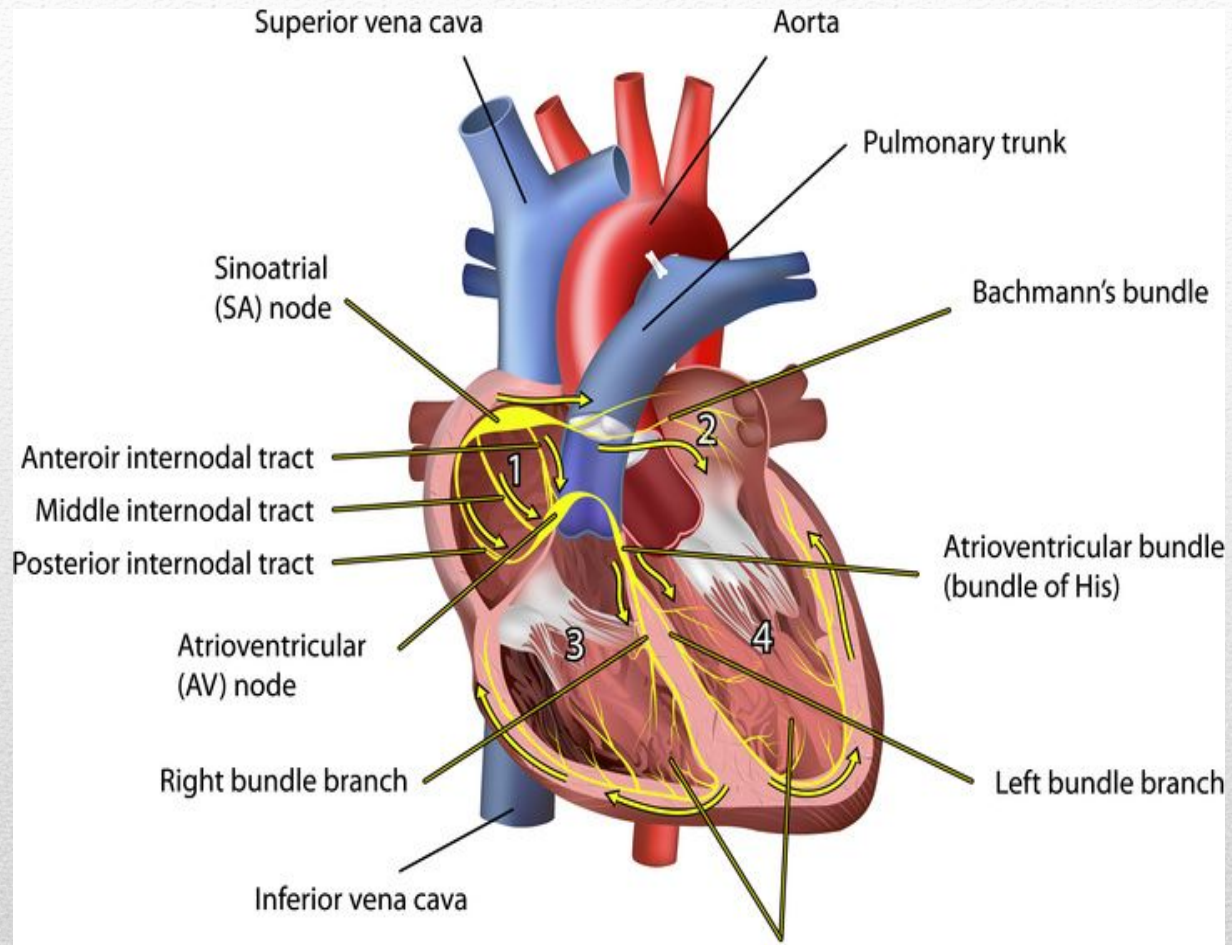
- I will praise You, for I am fearfully and wonderfully made; Marvelous are your works, And that my soul knows very well.

**Ps 139:14**

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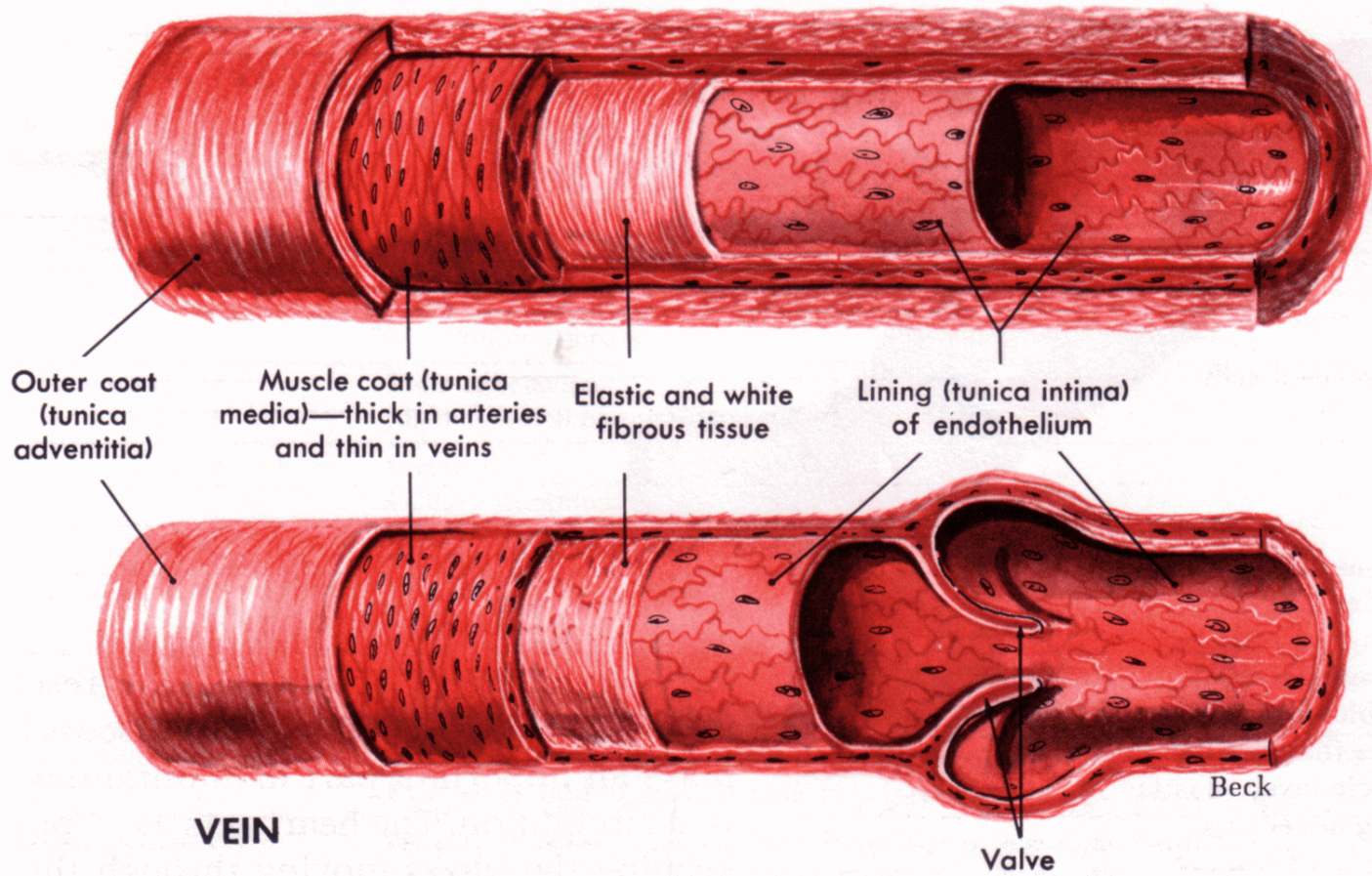








## ARTERY



## 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>)

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

# **Disease affecting the heart**

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

# Hypertension

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- Heredity
- Age
- Gender
- Race

# **Non modifiable causes**

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

# **Modifiable causes**

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

# Hypertension

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