

# *What you should know about HEART DISEASE*

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**Burnaby**

**Division of Family Practice**

A GPSC initiative



# The Burnaby Division of Family Practice

*[divisionsbc.ca/burnaby](http://divisionsbc.ca/burnaby)*

*Why are we here?*



# ***The Circle of Caring***



**OUR PATIENTS**

# *Expanding the Circle of Caring*

***OUR PATIENTS***

***OUR COMMUNITY***

# *Expanding the Circle of Caring*

***OUR PATIENTS***

***OUR COMMUNITY***

***OUR FUTURE***



***We care about our patients***



***We care about our community***





# *What you should know about HEART DISEASE*

- 1. How the heart works*
- 2. The different types of heart disease*
- 3. The symptoms of heart disease*
- 4. What are your risks?*
- 5. How you can reduce your risks for  
developing heart disease  
or its complications*

*Please complete the 1<sup>st</sup> 4 survey questions*



*What is healthcare?*

An iceberg floating in a dark blue ocean under a blue sky with wispy clouds. The tip of the iceberg is above the water, while the much larger base is submerged. The text 'ACUTE HOSPITAL CARE' is positioned above the water line, and 'COMMUNITY CARE, CHRONIC CARE' is positioned within the submerged part of the iceberg.

**ACUTE HOSPITAL CARE**

**COMMUNITY CARE,  
CHRONIC CARE**



*Who provides most of your healthcare?*

An iceberg floating in a dark blue ocean under a blue sky with wispy clouds. The visible tip of the iceberg is small and jagged, while the submerged portion is much larger and more complex in shape. The text 'HEALTHCARE PROFESSIONALS' is written in white, bold, sans-serif capital letters on the left side of the image, above the water line. The text 'YOU!' is written in white, bold, sans-serif capital letters in the center of the submerged portion of the iceberg.

**HEALTHCARE  
PROFESSIONALS**

**YOU!**





*Healthcare  
is Self-Care*

# *Healthcare is Self-Care*

*The best predictor of your future health  
are the habits you practice today*

# *4 Foundations of Self-Care*

# *The 4 Foundations of Self-Care*

*What you eat*

*What you do*

*How you feel*

*How you relate*

# *1st Foundation of Self-Care*

*What you eat*

*What you put in your body*

*your daily diet, alcohol & drugs  
medications*



# *2nd Foundation of Self-Care*

*What you do*

*Physical Activity & Rest*

# *3rd Foundation of Self-Care*

*How you feel*

*Emotional Wellbeing*

*Managing stress*

*Recognizing your emotions*

*Managing them*

*Finding meaning*

# *4th Foundation of Self-Care*

*How you relate*

*Healthy Relationships*

*commitment*

*good communication*

*time*

*nurturing unconditional love*

# ***The Empowered Patient***

*What do you need for good self-care?*

# *What do you need for good self-care?*

- 1. Knowledge*
- 2. Professional & Peer Support*
- 3. Planned, Proactive care*





*What is health?*

*What is health?*

*The absence of disease?*

...

# *What is health?*

*Health is not the absence of illness,  
and healthcare is not merely the  
treatment of disease.*

...

# *Your Positive Potential*

*I believe that we each have a unique potential in life, and it is our duty to realize that potential and help others achieve theirs.*

...

***Your Positive Potential**  
does not mean perfection.*

*It is guided by your personal values.*



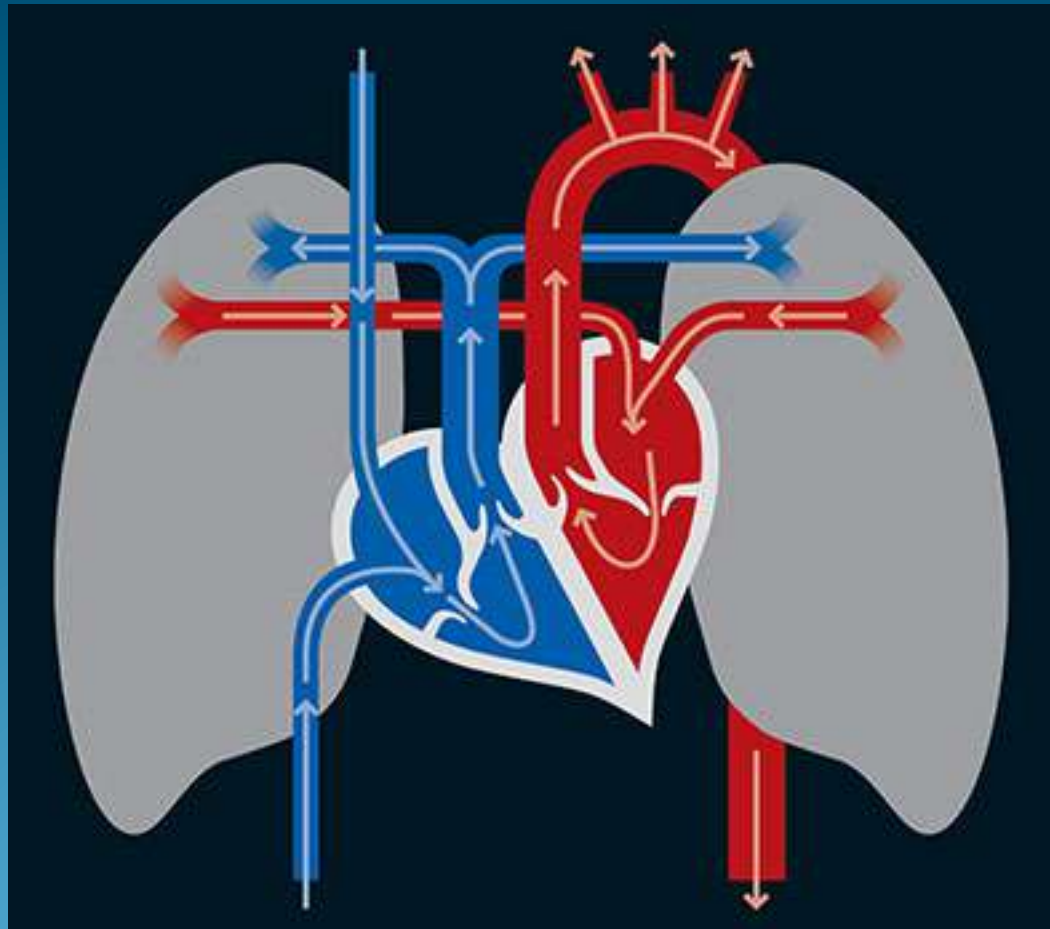
# *What do you need for good self-care?*

- 1. Knowledge*
- 2. Professional & Peer Support*
- 3. Planned care*

# *What do you need for good self-care?*

- 1. Knowledge*
- 2. Professional & Peer Support*
- 3. Planned self-care*
  - Healthy eating*
  - Physical activity*
  - Medications*
  - Monitoring*

# *How the heart works*



# *What is the heart?*

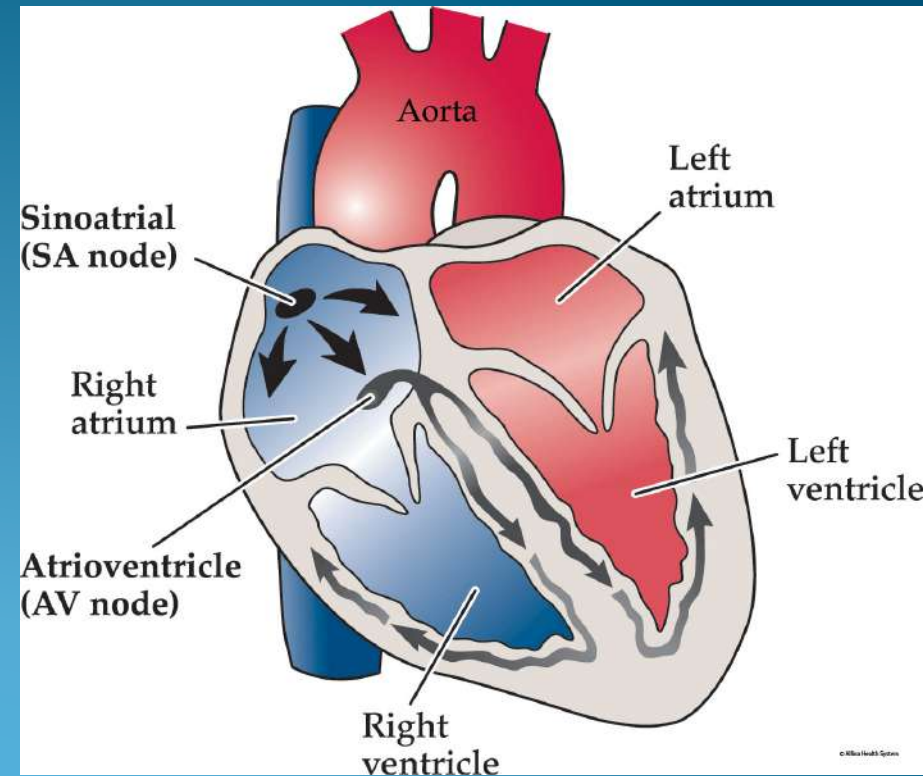
*a MUSCULAR*



*and ELECTRICAL organ*



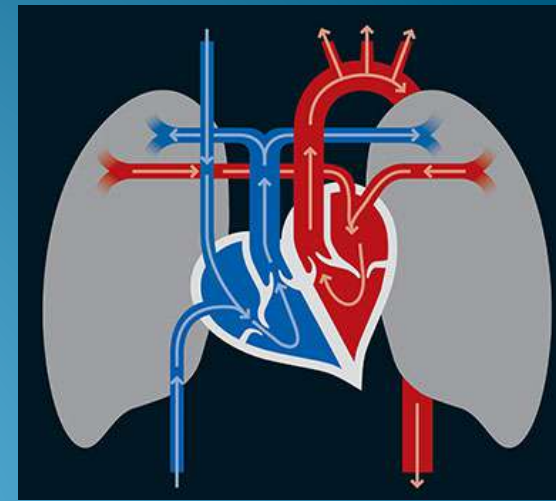
*The heart is a 4 chamber pump*  
*Each side of the heart is made up of a*  
*smaller ATRIUM*  
*and a larger VENTRICLE*





# *The Right Heart*

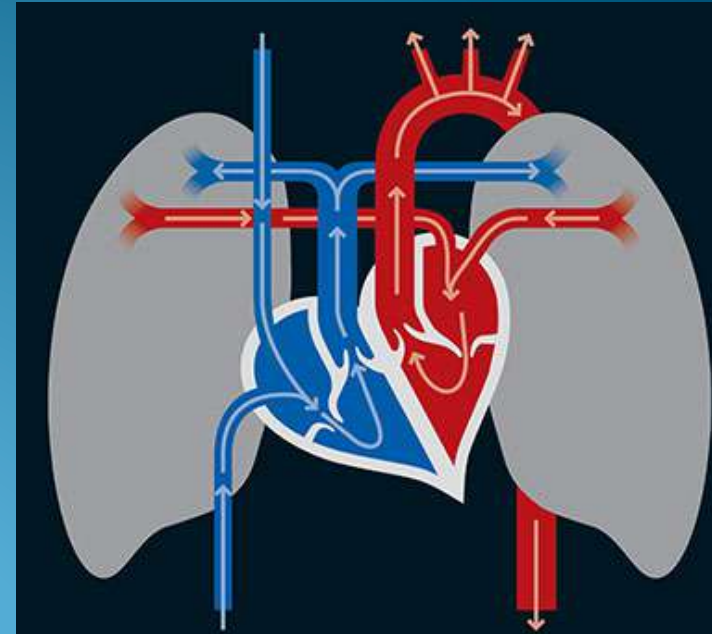
*The RIGHT atrium receives blood from the rest of the body through the venous system and pumps blood to the RIGHT ventricle which pumps blood to the circulation of the LUNGS (where blood is loaded with oxygen)*





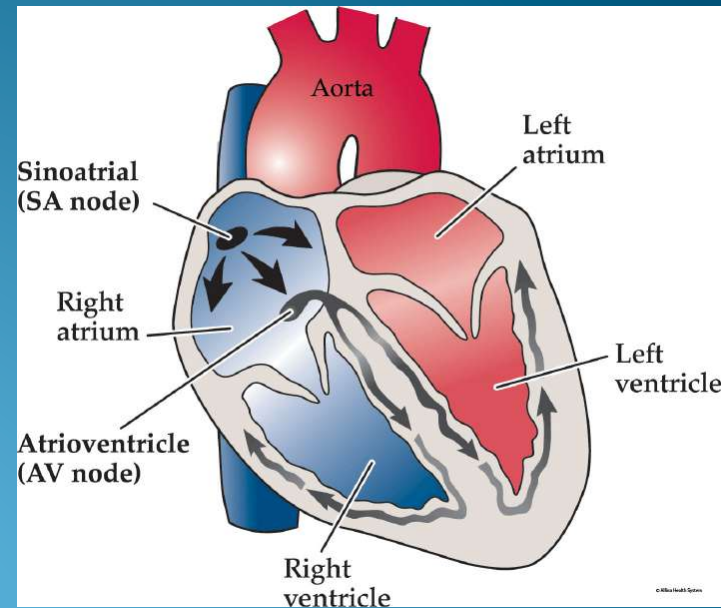
# *The Left Heart*

*The LEFT atrium receives oxygen-rich blood from the lungs and pumps it into the LEFT ventricle which pumps blood through the arterial system to the rest of the body*



# *Heart muscle is electrical*

*These four chambers of the heart pump blood in an orderly fashion because of its built in pacemaker – and the electrical signal is conducted through the heart muscle*





*Are you at risk?*

*Are you at risk?*

***Yes.***

*We all are.*

*Age*

*The risk for heart disease  
increases as we age*

# *Genetics*

*Family history may indicate  
an increased individual risk*



*Although we can't change our  
age or genetics (yet)*

*Family history can make us  
more proactive in recognizing  
and managing the modifiable  
risks factors, including our  
daily lifestyle*

# *4 types of Heart Disease*

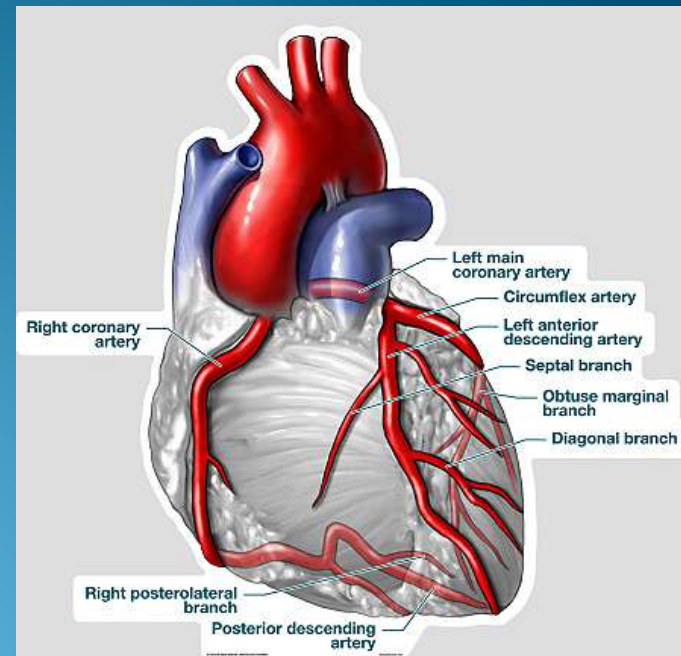
- 1. Coronary Artery Disease*
- 2. Valvular Heart Disease*
- 3. Arrhythmias*
- 4. Heart Failure*

# *4 types of Heart Disease*

- 1. Coronary Artery Disease*
- 2. Valvular Heart Disease*
- 3. Arrhythmias*
- 4. Heart Failure*

# *Coronary Artery Disease*

*The coronary arteries are the blood vessels that deliver oxygen-rich blood to the heart muscle*



# Coronary Artery Disease

*When a coronary artery is completely blocked, the area of heart muscle downstream is starved of blood – and dies.*

*The result:  
a heart attack*

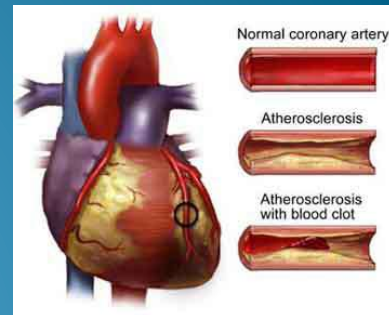




# Coronary Artery Disease

*When a coronary artery is partially blocked, the area of heart muscle downstream receives less blood than it needs*

*The result: ischemia (decreased blood flow) and angina (chest pain)*







Normal coronary artery



Atherosclerosis



Atherosclerosis with blood clot



# *The symptoms of a heart attack (MI, myocardial infarction)*

*Chest (throat, arm) pain or pressure*

*- often, but not always, a squeezing pain*

*Nausea (stomach upset)*

*Sweating*

*Difficulty breathing*

# Classic Heart Attack Symptoms



# *The symptoms of angina (cardiac ischemia)*

*Chest (throat, arm) pain or pressure  
worsened by anxiety or physical activity  
(both increase heart rate)*



*A note about silent (or atypical)  
ischemia or heart attacks*  
*Some people may have a heart  
attack or ischemia that is “silent” or  
“atypical”*

*This is more common (1) in women  
and (2) with diabetes*

# HEART ATTACK

## WARNING SIGNS

### MEN

Chest pain/discomfort



Rapid or irregular heartbeat



Feeling dizzy, faint or light-headed



Breaking out in a cold sweat



Stomach discomfort or indigestion



Shortness of breath



If you have any of these signs, don't wait.

**Call 911**

[froedtert.com/heart](http://froedtert.com/heart)

### WOMEN



Chest pressure



Unusual fatigue for several days



Anxiety and sleep disturbances



Back, neck, arm or jaw pain



Nausea, feeling sick to stomach



Shortness of breath



# *Heart Attack Symptoms in Men*

- *Chest pain or discomfort*
- *Rapid or irregular heart beat*
- *Feeling dizzy, faint or lightheaded*
- *Cold sweat*
- *Stomach discomfort*
- *Shortness of breath*

# *Heart Attack Symptoms in Women*

- *Chest pressure*
- *Extreme fatigue for several days*
- *Anxiety and disturbed sleep*
- *Back, arm, neck or jaw pain*
- *Nausea, stomach upset*
- *Shortness of breath*

# *The symptoms of atherosclerosis (narrowing of arteries)*

- *Calf pain with walking  
(claudication)*
- *Abdominal pain with exertion or  
eating (mesenteric ischemia)*

*Both are examples of the pain of  
ischemia (lack of blood flow)*

# *Atherosclerosis (narrowing of the arteries) can affect any part of the body*

- *Cerebral ischemia (strokes, TIAs)*
- *Retinal artery occlusion (blindness)*
- *Peripheral vascular disease  
(claudication – leg pain with walking,  
amputations)*
- *Kidney failure*

# *Risk Factors for Atherosclerosis*

- 1. High Blood Pressure*
- 2. Diabetes*
- 3. High Cholesterol*
- 4. Family History*
- 5. Smoking*



# *Risk Factors for Atherosclerosis*

*1. High Blood Pressure-over 140/90  
Adults should be checked annually.  
Treated with diet, exercise,  
medication, limiting sodium and  
alcohol*

