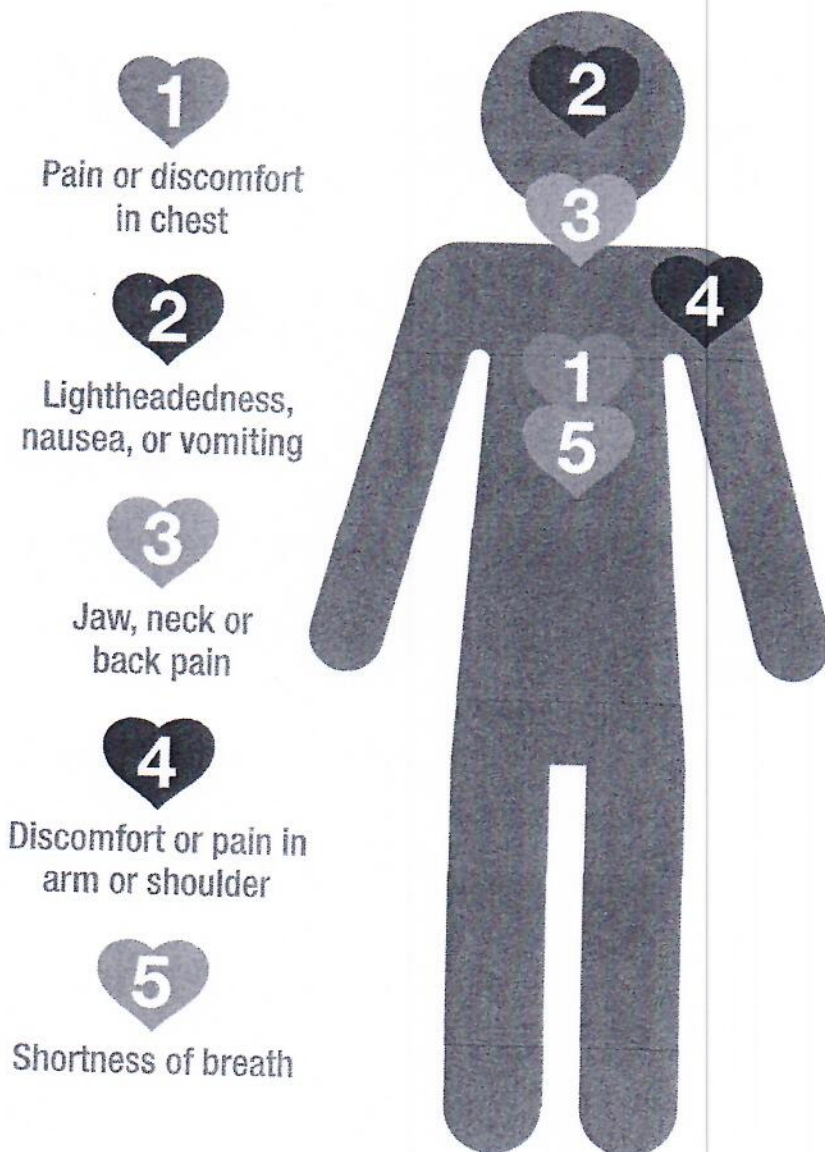




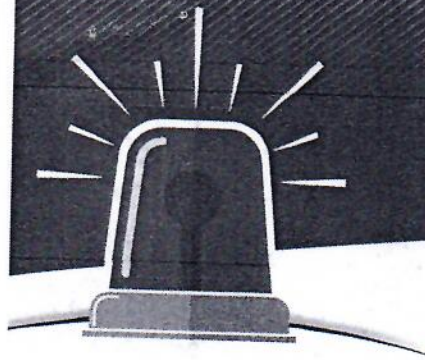
**American
Heart
Association®**

life is why™

Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.



Is it a stroke?

Act F.A.S.T.



FACE
droops

or



ARM
weakness

or



SPEECH
difficulty



TIME
is critical.

What is a stroke?

A stroke occurs when a blood vessel that carries oxygen to the brain is blocked by a clot or bursts.

When that happens, part of the brain cannot get the oxygen it needs, causing brain cells to die.

Fast treatment may reduce the long term effects of stroke.

Call 911 at any sign of stroke!

Care starts when the ambulance arrives.

Emergency medical technicians (EMTs) save precious time by continuing care in the ambulance and alerting the hospital to prepare for arrival.

If you see any sign of stroke, don't hesitate—call 911!

Know the signs of stroke

Remember to act F.A.S.T.

A person could be having a stroke if they show any of these signs:

- **Face droops** on one side.
- **Arm weakness.** When the person lifts both arms, one arm drifts down.
- **Speech difficulty.** The person has trouble speaking, or is not making sense when speaking.
- **Time is critical.** Call 911 immediately.

You may be having a stroke if you experience any of the following:

- Sudden weakness on one side of the body.
- Sudden confusion, trouble speaking, or understanding words.
- Sudden problems seeing or blurry vision.
- Sudden trouble walking or loss of balance.
- Sudden severe headache with no known cause.





What Is Venous Thromboembolism?

Venous thromboembolism (VTE) is a blood clot that starts in a vein. It is the third leading vascular diagnosis after heart attack and stroke, affecting about 300,000 - 600,000 Americans each year. There are two types:

- **Deep vein thrombosis (DVT)** — is a clot in a deep vein, usually in the leg, but sometimes in the arm or other veins.
- **Pulmonary embolism (PE)** — occurs when a DVT clot breaks free from a vein wall, travels to the lungs and blocks some or all of the blood supply. Blood clots in the thigh are more likely to break off and travel to the lungs than blood clots in the lower leg or other parts of the body.



What causes VTE?

DVTs form in the legs when something slows or changes the flow of blood. The most common triggers for DVT and PE are surgery, cancer, immobilization and hospitalization. In women, pregnancy and use of hormones like oral contraceptive or estrogen for menopause symptoms are also important.

Clotting is more likely to happen in people who are older, are obese or overweight, or have conditions such as cancer or autoimmune disorders such as lupus. It's also more likely in people whose blood is thicker than normal because too many blood cells are made by bone marrow.

Genetic causes of excessive blood clotting are also important. These occur when there are changes in the genetic code of some proteins needed for clotting or proteins that work to naturally dissolve blood clots in the body.

VTE is most common in adults 60 and older, but it can occur at any age. VTE is rare in children.

How is it diagnosed?

Blood work may be done initially, including a test called D-dimer, which detects clotting activity. For DVT, an ultrasound of the leg is most often used.

For PE, computed tomography (CT or CAT scan) is most often used. Sometimes a ventilation-perfusion lung scan is used. Both tests are able to see intravenous dyes in the arteries of the lung, looking for blockages by clots.

How can VTE be prevented?

VTEs often are preventable, with strategies that stop the development of clots in people "at-risk". Healthcare professionals discern risk by gathering information about a patient's age, weight, medical history, medications and lifestyle factors.

Those at risk may take anti-clotting or blood-thinning medications or use mechanical devices such as compression stockings or compression devices. If possible, getting out of bed quickly after surgery is also advised.

(continued)

Stop the Clot, Spread the Word™

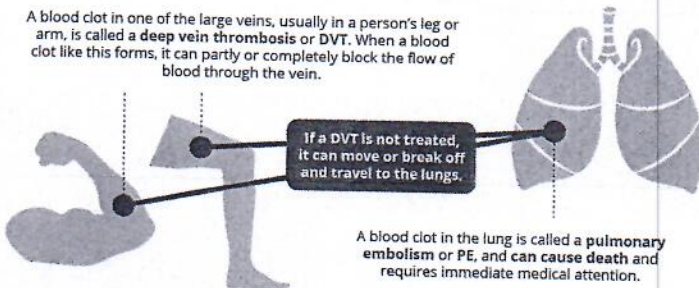


Blood clots can affect anyone, and blood clots can be prevented.

ON AVERAGE, ONE AMERICAN DIES OF A BLOOD CLOT EVERY 6 MINUTES!

UNDERSTANDING BLOOD CLOTS

A blood clot in one of the large veins, usually in a person's leg or arm, is called a **deep vein thrombosis** or DVT. When a blood clot like this forms, it can partly or completely block the flow of blood through the vein.



A blood clot in the lung is called a **pulmonary embolism** or PE, and can cause death and requires immediate medical attention.

KNOW THE RISKS

Blood clots do not discriminate by age, gender, ethnicity or race. Blood clots can affect anyone. Three major risk factors are:



Cancer



Hospitalization & Surgery



Pregnancy

Other Risk Factors Include:

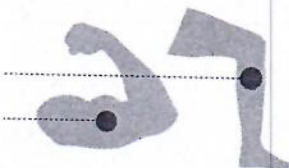
- Birth control that contains estrogen
- Hormone replacement therapy that contains estrogen
- Trauma, particularly when the vein is injured
- Immobility or sitting for long periods
- Being overweight
- Family history of blood clots
- Smoking

RECOGNIZE THE SIGNS AND SYMPTOMS

Blood clots can be safely treated.

DVT (Arm or Leg) - if you experience any of these, call your doctor as soon as possible.

- Swelling of your leg or arm
- Pain or tenderness not caused by an injury
- Skin that is warm to the touch, with swelling or pain
- Redness of the skin, with swelling or pain



PE (Lung) - if you experience any of these, seek medical attention immediately.

- Difficulty breathing
- Chest pain that worsens with a deep breath
- Coughing up blood
- Faster than normal or irregular heartbeat

BLOOD CLOTS CAN BE PREVENTED



Know your risks and recognize signs and symptoms.



Tell your doctor if you have risk factors for blood clots.



Before any surgery, talk with your doctor about blood clots.



See your doctor as soon as you can if you do have any symptoms.

To learn more about blood clots and to spread the word visit:
stoptheclot.org/spreadtheword

SOURCES
1. Calculation based on 100,000 deaths per year. The Surgeon General's Call to Action to Prevent Death from Thrombotic and Pulmonary Embolism, 2004

 National Blood Clot Alliance



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On the Path to a Healthy Heart

For a healthy heart, it's important to keep your **blood pressure** and **cholesterol** in control. You can lower your cholesterol and blood pressure with small steps that make a big difference. Use this guide to get started.



BLOOD PRESSURE

What is blood pressure?

Blood pressure is a number that measures how hard your heart is working to pump blood through your arteries.

High blood pressure (or hypertension) puts you at risk for a stroke or heart attack.



High Blood Pressure is

130 or higher

80 or higher

My blood pressure _____ / _____

Date: _____

Healthy Elevated High

My blood pressure goal _____ / _____

My next appointment: _____


Ask your health care provider about how to check your numbers regularly at home.




CHOLESTEROL

What is cholesterol?

There are two kinds of cholesterol: LDL and HDL.

 **HDL cholesterol is healthy cholesterol**, which you want to be high.

 **LDL is unhealthy cholesterol**, which you want to be low.

High LDL can clog your arteries. Clogged arteries block blood flow, which can cause a heart attack or stroke.



A clogged artery from high LDL cholesterol

My cholesterol

HDL _____ LDL _____

Date: _____

My cholesterol goal

HDL _____ LDL _____

My next appointment: _____



MASSACHUSETTS
DEPARTMENT
OF PUBLIC HEALTH

Four Things You Can Do to Prevent Falls:

- 1 **Speak up.**
Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2 **Keep moving.**
Begin an exercise program to improve your leg strength and balance.
- 3 **Get an annual eye exam.**
Replace eyeglasses as needed.
- 4 **Make your home safer.**
Remove clutter and tripping hazards.

Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

- go.usa.gov/xN9XA
- www.stopfalls.org

1 in 4 people 65 and older falls each year.

Stay Independent

Learn more about fall prevention.



For more information, visit www.cdc.gov/steady

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADY



10 Tips for Aging Well

Simply living longer is not enough. What we really want is to live longer well, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it is never too late to make changes that can help you live a longer and healthier life.

Here, from the American Geriatrics Society's Health in Aging Foundation, are ten tips for living longer and better:

Eat a rainbow

You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors— the more varied, the wider the range of nutrients you're likely to get. The longest-lived and healthiest people in the world eat primarily a whole-food, plant-based diet. Vegetables, legumes, fruits, nuts, and seeds form the basis of this diet. Limit red meat, dairy, and other animal products. And choose whole grains over the refined stuff.

Sidestep falls

Walking at least 30 minutes a day, three times a week can help you stay physically fit and mentally sharp, strengthen your bones, lift your spirits— and lower your risk of falls. Aim for about 7,500 steps per day for the most benefits. Aim to bring more activity into your daily routine (such as parking farther away from the store, or taking the stairs instead of the elevator). Preventing falls is important because falls are a leading cause of fractures, other serious injuries, and death among older adults. Bicycling, dancing, and jogging are also good weight-bearing exercises that can help strengthen your bones. In addition to exercising, get plenty of bone-healthy calcium (from food sources) and vitamin D daily.

Toast with a smaller glass

The amount of alcohol that is safe to drink changes as we get older. Adults over age 65 who are healthy and do not take medications should not have more than 3 drinks on a given day or 7 drinks in a week. (A drink is 1.5 oz of hard liquor, 6 oz of wine, or 12 oz of beer.) If you have a health problem or take certain medications, you may need to drink less or not at all. Since alcohol can interact with certain drugs, ask your healthcare professional whether any alcohol is safe for you.

Get your shots

They're not just for kids! Must-have vaccines for older adults include those that protect against pneumonia, tetanus/diphtheria, shingles, and the flu, which kills thousands of older adults in the US every year.