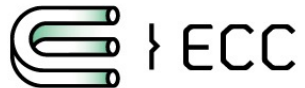


ECC Safety Tip

February 2025

Hearts aren't just for Valentine's Day



Team Members:

ECC Safety Committee Co-Leads

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5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News



< NUTRITION

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

EXERCISE >

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.



< TOBACCO

At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.

SOCIAL DETERMINANTS >

Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.



< ASPIRIN

Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.



#1 Killer of Women

Heart disease is the number one killer of women in the United States, killing one out of every four women each year.

Why is heart disease so deadly in women? One of the reasons is that “typical” heart attack symptoms—crushing chest pain that radiates to the left arm—do not describe what many women feel during their heart attacks.

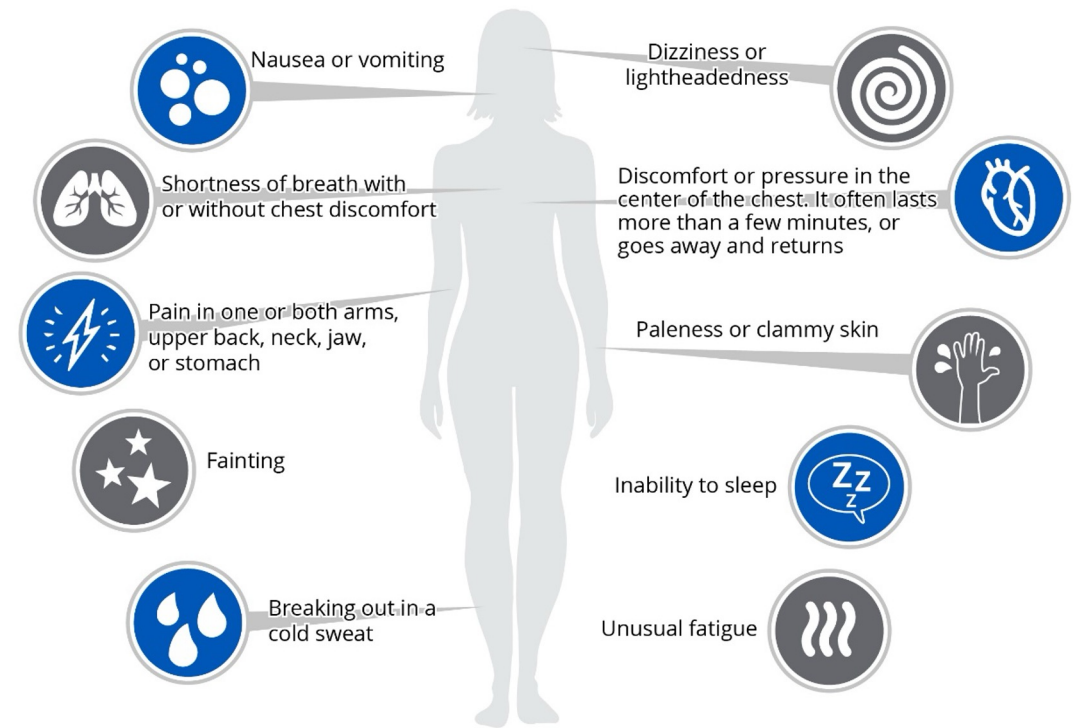
Consequently, women ignore or downplay their heart attack symptoms until it is too late.

[A Woman’s Heart Attack: Why and How It Is Different than a Man’s Heart Attack - ACLS Medical Training](#)

SIGNS OF A HEART ATTACK

Symptoms Every Woman Should Know and Pay Attention to

Women and men may differ in their experience of heart attack symptoms, as women are more likely to have unusual or “atypical” signs of a heart attack. Some of these may come and go before a heart attack occurs.



3 Heart Health Risks All Men Should Know

Men's heart health risks include:

- A greater risk of heart attack, and experiencing heart attacks earlier in life. Far more men than women are smokers — and they lack the estrogen that helps protect women from heart attacks at a younger age.
- Developing cardiovascular disease seven to 10 years earlier than women do. That can put men at elevated risk for related issues as much as one decade before their female counterparts of the same age.
- Compared with premenopausal women of the same age, men typically have higher blood pressure. High blood pressure forces the heart to work harder, raising the likelihood of cardiovascular disease over time.

MEN AND THEIR HEARTS

Heart disease is the leading cause of death for **MOST** men.



Heart disease is the **LEADING CAUSE OF DEATH** for African American, Hispanic and Caucasian males. For Asian American males, heart disease is **SECOND** only to cancer.

At **AGE 45**, a man's risk of heart disease begins to rise greatly.



1 in 3 Adults in the United States has high blood pressure.



70% to 89% Of sudden cardiac events occur in men.



MORE THAN 1 IN 3 adult men have some form of cardiovascular disease.



10 TO 15 YEARS EARLIER

Men typically develop heart disease years before women.



A **HIGHER PERCENTAGE** of men than women have high blood pressure until age 45. From ages 45 to 64, the percentage for men and women is similar.



Key heart disease risk factors for men

- High blood pressure
- High LDL cholesterol
- Smoking
- Diabetes
- Excessive alcohol use
- Physical inactivity
- Poor diet
- Obesity



What's a man to do?



• Control your blood pressure, cholesterol, diabetes and weight

• Eat a heart-healthy healthy diet (choose produce and whole grains; limit fats and sodium)

• Get enough sleep



• Exercise 30 minutes a day, 3 times a week

• Quit smoking

• Limit stress

• Limit alcohol intake to 1 to 2 drinks a day



Be aware & take control of your health!

