

CARDIOVASCULAR DISEASE IN ELDERLY PATIENTS



Cardiovascular disease ranks 1st in global mortality and morbidity. Elderly people are susceptible to developing cardiovascular diseases primarily due to age and comorbidities. Incidence among the elderly population ranges from 75-85%.²

WITH EXERCISE²

IMPROVEMENTS IN...

- Pain Management
- Coronary/Peripheral Arteries
- Obesity and Glucose Control
- Quality of Life



WITHOUT EXERCISE²

DECLINES IN...

- Blood Pressure Control
- Cognitive Function
- Walking Distances
- Quality of Sleep
- Blood Glucose Control
- Cardiac Output

TESTING FOR HEART DISEASE⁴

- Magnetic Resonance Imaging
- Blood Testing
- Echocardiogram
- Chest X-Ray
- Holter Monitor
- CT Scan
- EKG

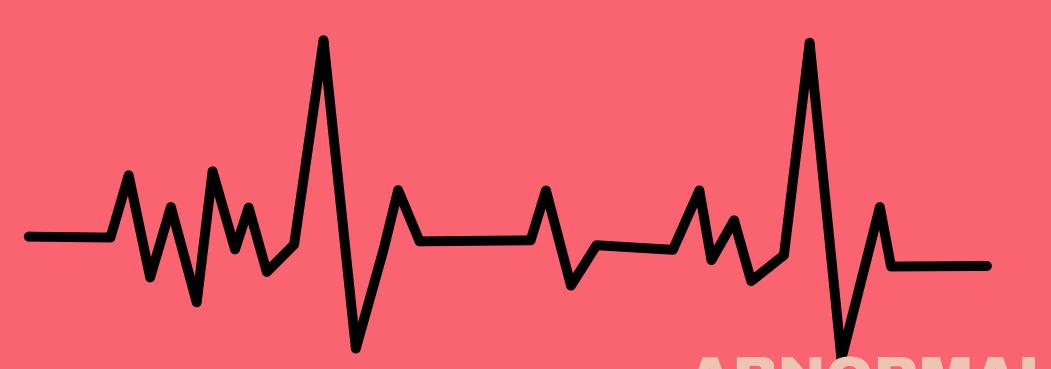


NORMAL VS. ABNORMAL EKG



EKG:
Electrocardiogram

NORMAL



ABNORMAL

FINDING RESOURCES⁴

- American Heart Association (AHA)
- American College of Cardiology (ACC)
- National Institute on Aging (NIA)

RISK FACTORS WITH AGE²

- Myocardial Ischemia
- Atherosclerosis
- Diabetes Mellitus
- Oxidative Stress
- Hypertension
- Genetics
- Obesity



Warning Signs of a Heart Attack¹

- 1) Pain or discomfort in chest
- 2) Becoming lightheaded or nauseous
- 3) Pain in the jaw, neck, or back
- 4) Pain in the arm or shoulder
- 5) Shortness of breath

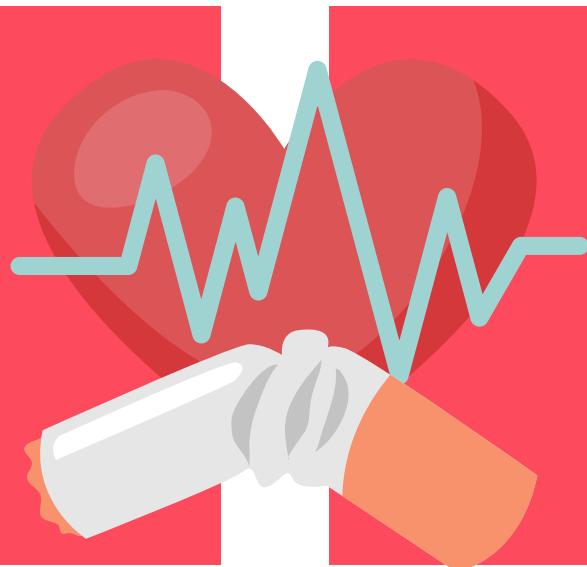
8 WAYS TO PREVENT HEART DISEASE

Cardiovascular disease has declined by **60%** by changing unhealthy lifestyle habits³



NO SMOKING²

TOBACCO PRODUCTS CONTAIN SUBSTANCES THAT CAUSE ARTERY DAMAGE



HEALTHY DIET²

95% OF PEOPLE OVER THE AGE OF 60 ARE DIAGNOSED WITH TYPE 2 DIABETES

PHYSICAL ACTIVITY²

ONLY 24.2% OF ADULTS MEET THE NATIONAL RECOMMENDATIONS FOR PHYSICAL ACTIVITY
ONLY 150 MINUTES OF PHYSICAL ACTIVITY PER WEEK
OR ~30 MINUTES PER DAY



WEIGHT³

>70% OF US ADULTS CLASSIFY AS OVERWEIGHT/OBSESE BY BODY MASS INDEX

CHOLESTEROL³

THE MEAN AGE-ADJUSTED LEVELS HAVE DECREASED IN THE US FROM 197 MG/DL TO 189 MG/DL

ADEQUATE SLEEP³

RECOMMENDED AMOUNT OF SLEEP:
WORKDAYS: 7.6 HOURS
FREE DAYS: 8.2 HOURS

BLOOD PRESSURE³

HYPERTENSION PREVALENCE AMONG US ADULTS >20 YEARS OF AGE

MALES: 50.4%

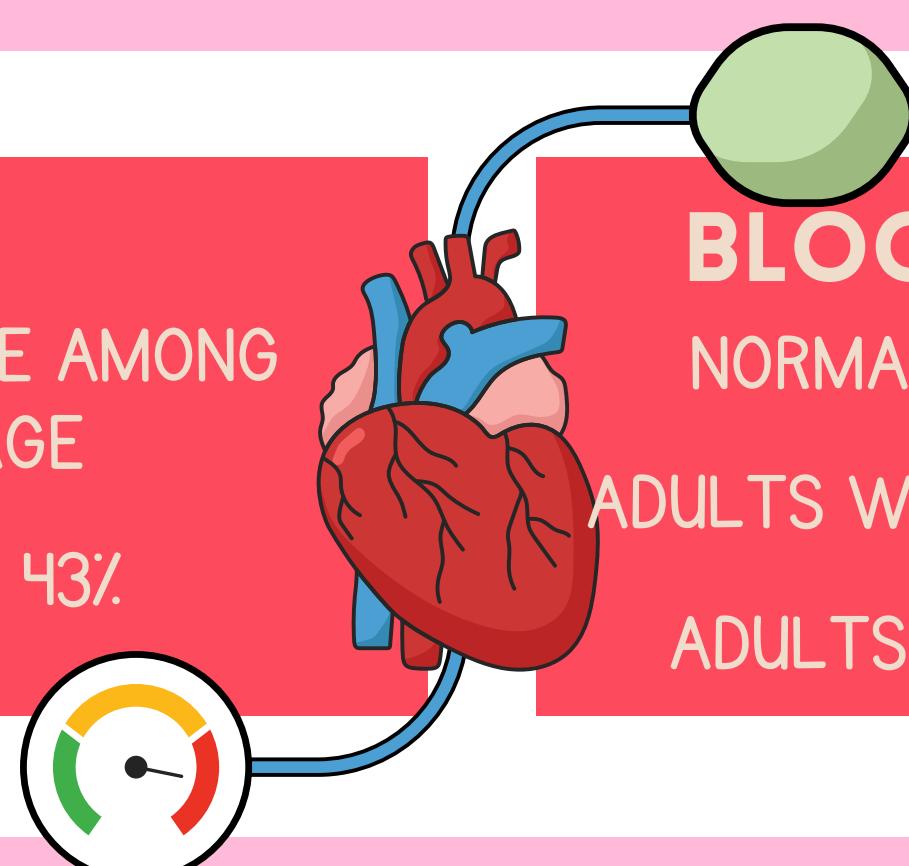
FEMALES: 43%

BLOOD GLUCOSE LEVELS³

NORMAL BLOOD GLUCOSE LEVELS

ADULTS WITHOUT DIABETES: >125 MG/DL

ADULTS WITH DIABETES: >180 MG/DL



REFERENCES

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