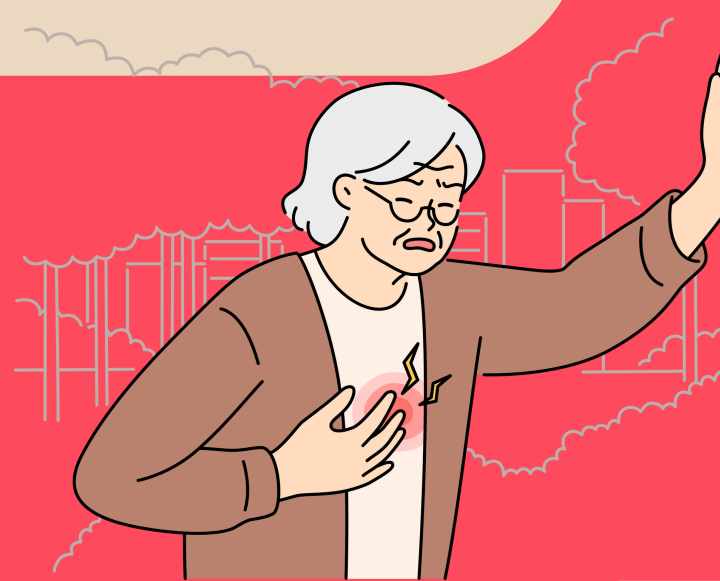


# CARDIOVASCULAR DISEASE IN ELDERLY PATIENTS



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%.<sup>2</sup>

## WITH EXERCISE<sup>2</sup>

### IMPROVEMENTS IN...

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

## WITHOUT EXERCISE<sup>2</sup>

### DECLINES IN...

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



## TESTING FOR HEART DISEASE<sup>4</sup>

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



## RISK FACTORS WITH AGE<sup>2</sup>

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

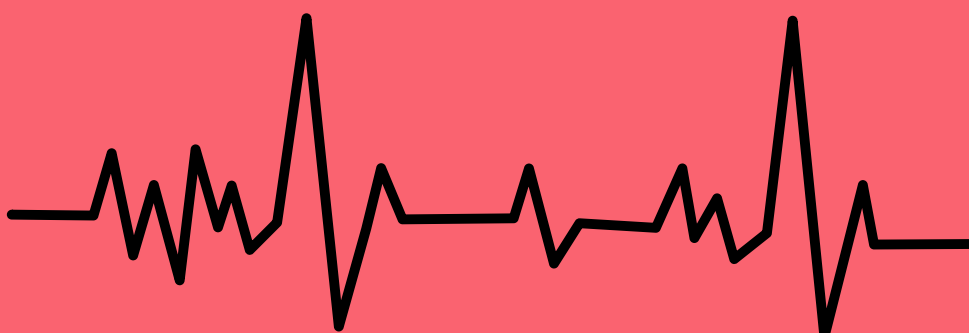


## NORMAL VS. ABNORMAL EKG



NORMAL

EKG:  
Electrocardiogram



ABNORMAL

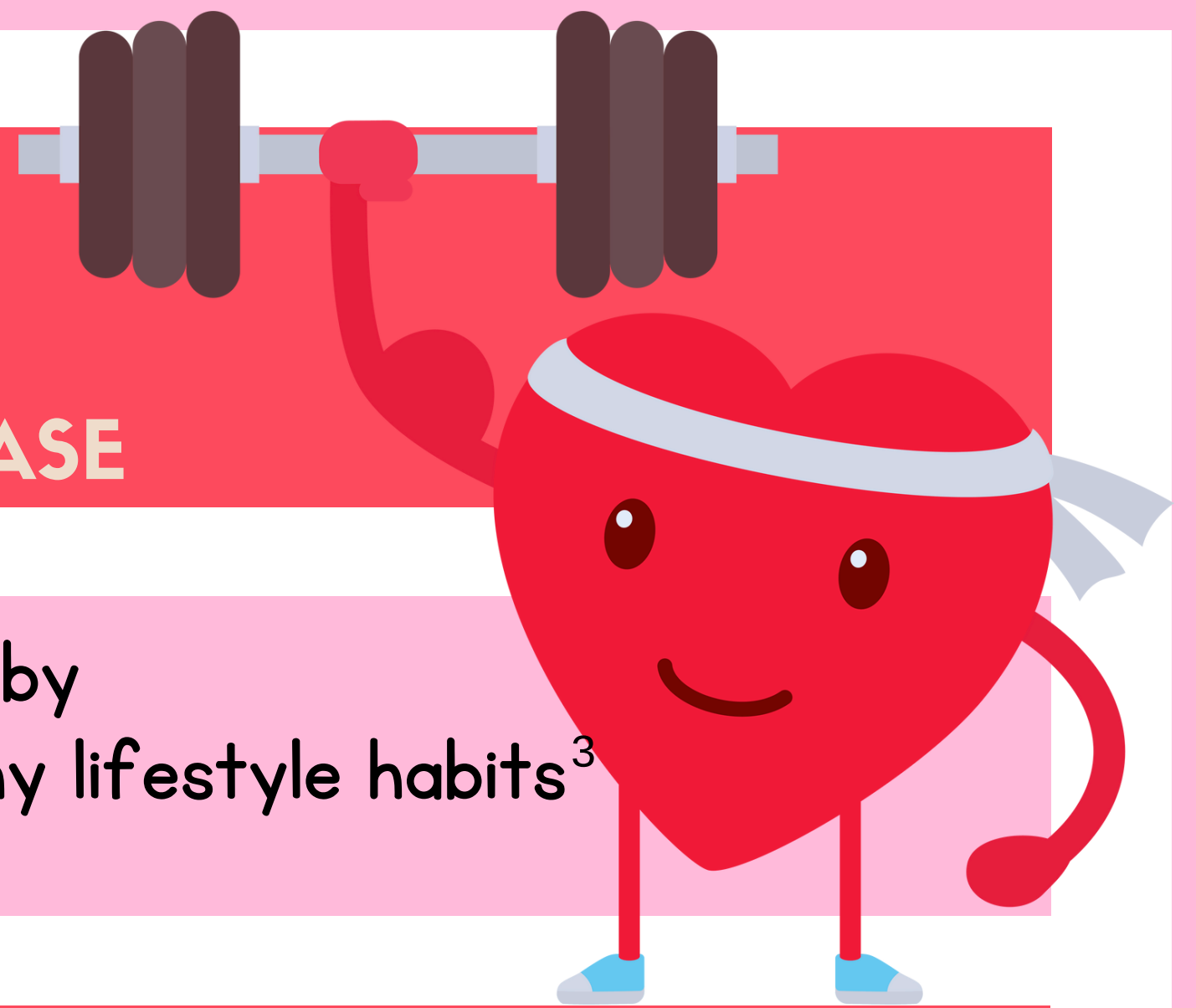
## Warning Signs of a Heart Attack<sup>1</sup>

- 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

## FINDING RESOURCES<sup>4</sup>

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

# 8 WAYS TO PREVENT HEART DISEASE



Cardiovascular disease has declined by  
**60%** by changing unhealthy lifestyle habits<sup>3</sup>

## NO SMOKING<sup>2</sup>

TOBACCO PRODUCTS CONTAIN  
SUBSTANCES THAT CAUSE  
ARTERY DAMAGE



## HEALTHY DIET<sup>2</sup>

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

## PHYSICAL ACTIVITY<sup>2</sup>

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



## WEIGHT<sup>3</sup>

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

## CHOLESTEROL<sup>3</sup>

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

## ADEQUATE SLEEP<sup>3</sup>

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

## BLOOD PRESSURE<sup>3</sup>

HYPERTENSION PREVALENCE AMONG  
US ADULTS >20 YEARS OF AGE

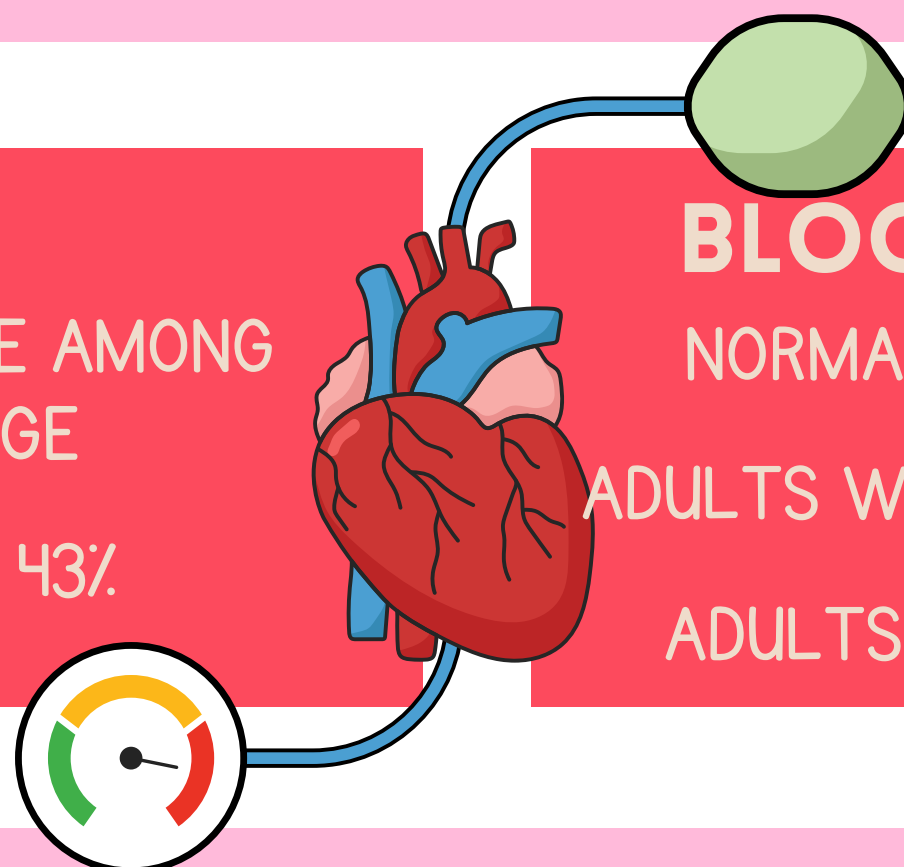
MALES: 50.4%      FEMALES: 43%

## BLOOD GLUCOSE LEVELS<sup>3</sup>

NORMAL BLOOD GLUCOSE LEVELS

ADULTS WITHOUT DIABETES: >125 MG/DL

ADULTS WITH DIABETES: >180 MG/DL



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