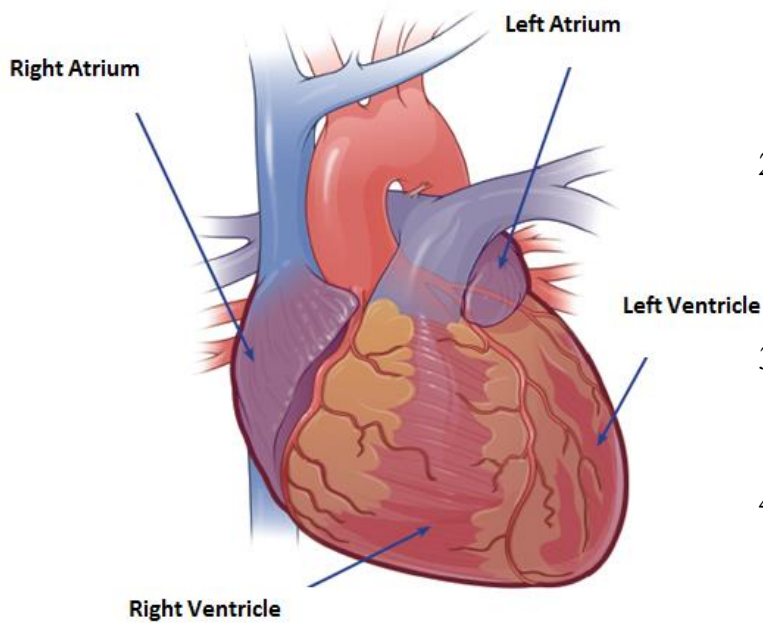
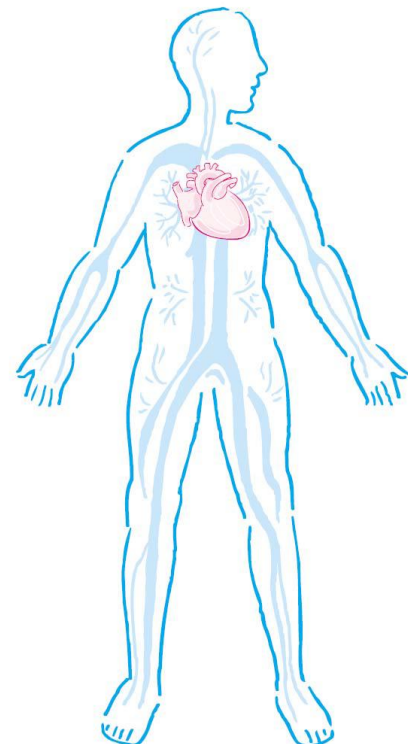


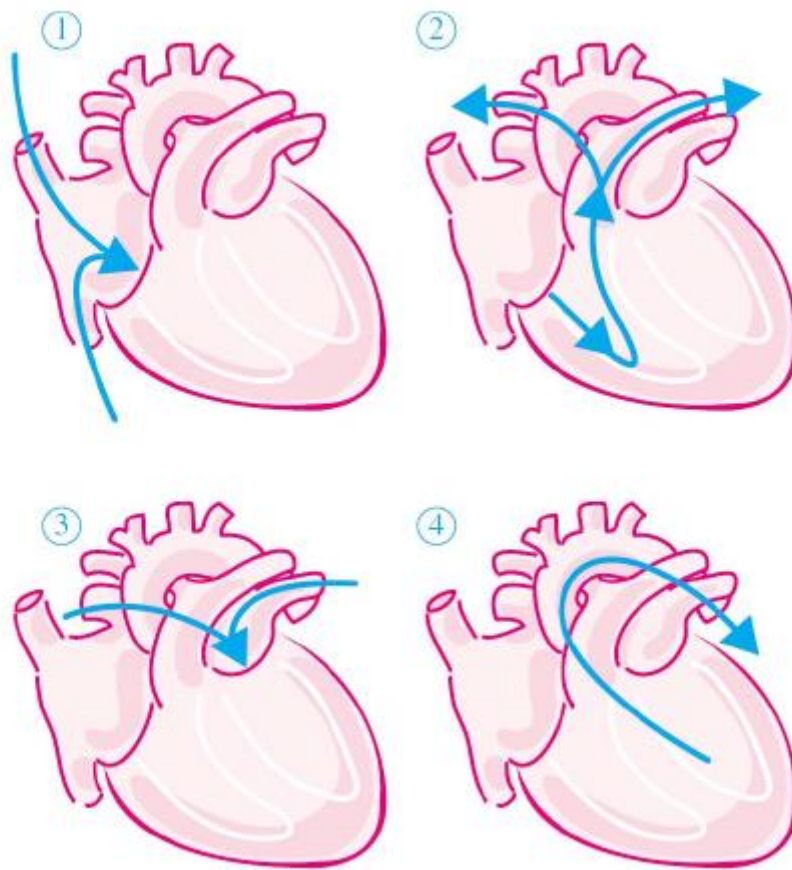
How the Heart Works



1. The heart is an amazing part of the body. It can pump approximately 5 liters of blood every minute. It beats about 100,000 times a day.
2. The heart sends blood to the lungs to pick up oxygen. Then it delivers oxygen to all the cells in the body.
3. The heart is a hollow, muscular, cone-shaped organ, about the size of a fist.
4. The heart has two upper chambers and two lower chambers.
5. The upper chambers (right atrium and left atrium) receive blood. The lower chambers (right ventricle and left ventricle pump blood).

-
1. The heart is located in the middle of the chest.
 2. The heart is part of the circulatory system.
 3. The circulatory system is made of all the vessels that carry the blood throughout the body.
 4. Vessels are long, hollow tubes of tissue, much like drinking straws.
 5. Vessels carry blood to and from the heart.





1. Blood (with little oxygen) enters the right top chamber of the heart.
2. Blood then flows down to the right lower chamber so it can be pumped out to the lungs. In the lungs, waste is taken from the blood (carbon dioxide). The blood then gathers more oxygen.
3. The blood, rich with oxygen, returns to the heart and enters the upper left chamber.
4. The blood flows down to the lower left chamber and is pumped to all of the body organs and tissues

Are You at Risk for Heart Disease?

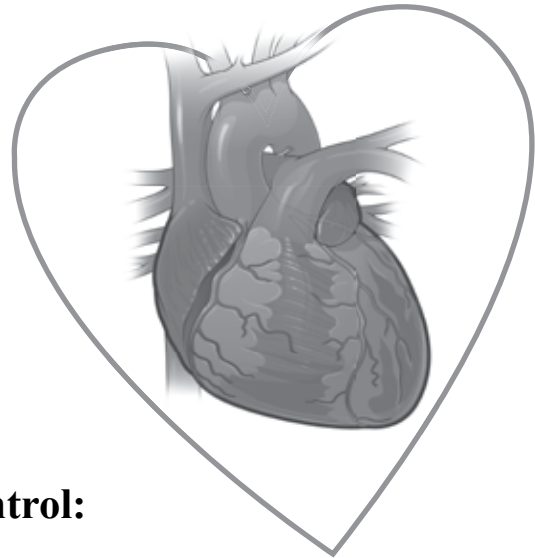
Name: _____

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have.

Heart disease risk factors you can do something about:

✓ Check the ones that you have.

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Not being physically active | |
| <input type="checkbox"/> Cigarette smoking | |



Heart disease risk factors you cannot control:

✓ Check the ones that you have.

- Age (45 years or older for men and 55 years or older for women)
- Family history—
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65

The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.

Learn What a Heart Attack Feels Like

**Act fast. Call 9-1-1.
It could save your life.**

Clot-busting medicines and other treatments can stop a heart attack as it is happening. **These treatments work best if given within 1 hour of when heart attack signs begin.**

If you think you are having a heart attack, call 9-1-1 right away.

KNOW THE HEART ATTACK WARNING SIGNS:

Your chest may feel pressure.



You may feel discomfort in one or both arms, or the back or stomach.



You may feel discomfort in your neck or jaw.



You may feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.

Fast Action Saves Lives

YOU MAY NOT BE SURE IT IS A HEART ATTACK.

A heart attack may not be sudden or very painful. You may not be sure what is wrong.
But it is important to check it out right away.



**ACT FAST.
CALL 9-1-1.**



**Call 9-1-1 in 5 minutes or less.
Do not drive yourself to the hospital.**



**When you call 9-1-1, an emergency vehicle arrives
right away. Medicines can be given at once.**

TO HELP SURVIVE A HEART ATTACK, TAKE THESE STEPS:

- Learn the warning signs of a heart attack, and act fast if you feel them.
- Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
- Ask your doctor about your heart attack risk and how to lower it.
- Complete the “My Emergency Card” handout (page 41).

Tender Care for a Happy Heart

Choose one or two action items from this handout that you would like to do during each week of the training. Then, write down the date that you completed each action.

Action	Date	Action	Date
<input type="checkbox"/> Say something nice, positive, or uplifting to someone.	_____	<input type="checkbox"/> Call a friend you have not seen for a long time.	_____
<input type="checkbox"/> Allow additional time to do things and get to places without rushing.	_____	<input type="checkbox"/> Look at yourself in the mirror and say, "I am special and unique."	_____
<input type="checkbox"/> Try a new hobby such as arts and crafts.	_____	<input type="checkbox"/> Write down how you feel.	_____
<input type="checkbox"/> Look for an activity that will allow you to make new friends.	_____	<input type="checkbox"/> At the end of the day, think about the things that were good and the things you can improve.	_____
<input type="checkbox"/> Show gratitude to at least five people.	_____	<input type="checkbox"/> Rest. Go to bed 1 hour earlier than usual.	_____
<input type="checkbox"/> Tell your loved ones that you love them.	_____	<input type="checkbox"/> Listen to soft music to relax.	_____
<input type="checkbox"/> Do something nice for someone.	_____	<input type="checkbox"/> Help someone in need.	_____
<input type="checkbox"/> Think about three things that make you happy.	_____	<input type="checkbox"/> Plant a garden.	_____
<input type="checkbox"/> Value what you have, and try to see the positive side of things.	_____	<input type="checkbox"/> Be thankful for your family.	_____
<input type="checkbox"/> Do something special for yourself.	_____	<input type="checkbox"/> Seek support in your faith community.	_____
<input type="checkbox"/> Laugh and be positive. If you like jokes, tell one.	_____	<input type="checkbox"/> Speak calmly. Do not yell or scream.	_____
		<input type="checkbox"/> Take 15 minutes to breathe deeply and relax.	_____
		<input type="checkbox"/> Be kind to someone with whom you have differences.	_____