



Heart Facts

A Publication of Cardiology Associates

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America's Junior Miss Visits Pediatric Patients of Cardiology Associates



Excitement, admiration and laughter filled the lobby of Springhill Memorial Hospital's Heart Care Center and warmed the hearts of patients and visitors passing through on Tuesday, June 12, 2002.

Cardiology Associates and the

American Heart Association brought together Carrie Colvin, the 2001 America's Junior Miss, and Heart to Heart Kids, a group of pediatric heart patients, for a morning full of fun.

Carrie Colvin spent the final two weeks of her reign as the 2001 America's Junior Miss with the 2002 contestants and participating in a host of activities and events leading up to the 2002 competition.

During her visit with the Heart to Heart Kids, Carrie spoke briefly to the group about her experience as America's Junior Miss, emphasizing and encouraging the kids to Be Your Best Self. The Heart to Heart Kids

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had the opportunity to talk with Carrie and get personalized,



Dr. Anne Hackman and Carrie with Heart to Heart kids.

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autographed pictures, which contained messages such as Aim High , Reach For The Stars or Go For It .

Heart to Heart Kids are children born with congenital heart defects who are patients of Cardiology Associates three pediatric cardiologists and serve as advocates for the American Heart Association, helping to emphasize the importance of preventing and fighting heart disease .

Congenital heart defects are by far the most common birth defect seen in the United States. About 1 out of every 100 children is born with a congenital heart defect. The defect may be as simple as a hole in the heart that closes on its own or as complicated as arteries and valves

that are attached incorrectly or do not allow blood to flow to and from the heart and through the body as it should. There are more than 14 types of defects commonly seen and many that are more rare. Many children undergo surgery, sometimes within hours of birth, to

correct the defect or even save their lives.

Thirty to forty years ago, children born with heart defects were diagnosed, treated and given a grim prognosis with little or no future. Today, due to advances in medicine, doctors are performing catheterization and surgery to help children affected by these defects. As a result, these children are living longer, healthier and happier lives. In fact, they accomplish things never thought possible in the past. They are playing sports, excelling academically, graduating from high

school and getting married. They are setting goals at a young age and working hard to achieve them.

One way in which Carrie made a tremendous impact as America s Junior Miss was by touring the country and influencing children nationwide through the Be Your Best Self program. This program consists of principles presented in the Go For It Roadshow , encouraging young people to live by moral principles, to get a good education, to be nutritious, to serve their community, to set goals and strive to meet them.

In the eyes of the Heart to Heart Kids who are motivated to do just that, America s Junior Miss is a role



Carrie autographs a photo for a Heart to Heart kid.

model. And to America s Junior Miss, the Heart to Heart Kids are an inspiration and a refreshing glimpse at our future.



Cardiovascular Disease Is The No. 1 Cause Of Death In America, Killing 950,000 People Each Year.

Victims Are Waiting An Average Of Two And A Half Hours To Seek Medical Help After Having A Heart Attack.

Knowledge is the key to Survival!

Knowing the risk factors associated with cardiovascular disease, being able to recognize the warning signs of a heart attack and knowing what to do if the warning signs occur, can lower these astounding statistics and help save your life or the life of a loved one.

Warning Signs Of A Heart Attack

- ⌘ Uncomfortable heavy feeling, pressure, pain or squeezing in the center of your chest that lasts more than a few minutes.
- ⌘ Pain that goes to your shoulders, neck or arms.
- ⌘ Chest discomfort along with dizziness, fainting, sweating, nausea or shortness of breath.
- ⌘ Fullness, indigestion or choking feeling (similar to heartburn).
- ⌘ Extreme weakness or anxiety.
- ⌘ Rapid or irregular heartbeats.

In most cases, a heart attack slowly reveals itself with mild chest pain or discomfort. Often, people ignore these signs, assuming they will pass. They may, but usually not without damaging your heart.

If someone is experiencing any of these symptoms, don't ignore the signs. **Call 911 immediately!**

The best time to treat a heart attack and prevent further damage is within one to two hours of the initial symptoms. Modern medicine has provided physicians with many options for treating heart attack victims, such as (clot-busting) therapy, angioplasty and coronary artery bypass surgery. However,

"The best time to treat a heart attack and prevent further damage is within one to two hours of the initial symptoms ."

the benefit of these treatments is diminished if the victim does not attempt to access medical care or fails to access care quickly.

There are specific risk factors for developing heart disease and stroke. Some of them cannot be prevented, but they are important to know. Other risk factors *can* be controlled to help lower risk for heart attack and stroke. If you have one of the risk factors that cannot be controlled, it is even more important to pay attention to those risk factors that can be controlled.

Risk Factors

- ⌘ **Age.** As you age, risk for heart attack and stroke increases.
- ⌘ **Gender.** Heart attacks are more common in males than females before the age of 65. As women reach menopause, they are more likely than men to die within several weeks of a heart attack.
- ⌘ **Heredity.** Risk is amplified if your family has a history of heart disease or stroke.
- ⌘ **Medical History.** A previous heart attack or stroke makes it more likely to have a repeat occurrence.
- ⌘ **High Blood Pressure.** A blood pressure greater than 135 over 90 for an extended time period increases risk for both heart attack and stroke.
- ⌘ **Cholesterol/Lipid Disorders.** High LDL levels (greater than 100), low HDL levels (less than 40) with high triglycerides and other lipid patterns increase risk for heart disease and stroke.
- ⌘ **Diabetes** increases risk for heart disease and stroke.
- ⌘ **Physical Inactivity/Obesity.** Inadequate exercise and obesity affect other risk factors and increases overall risk for heart disease and stroke. Be sure to get at least 30 minutes of increased activity each day.
- ⌘ **Tobacco Use.** Quitting smoking is the best thing that can be done to prevent heart disease and stroke. Smoking decreases the blood's oxygen and harms the blood vessels, greatly increasing risk for heart disease and stroke.

