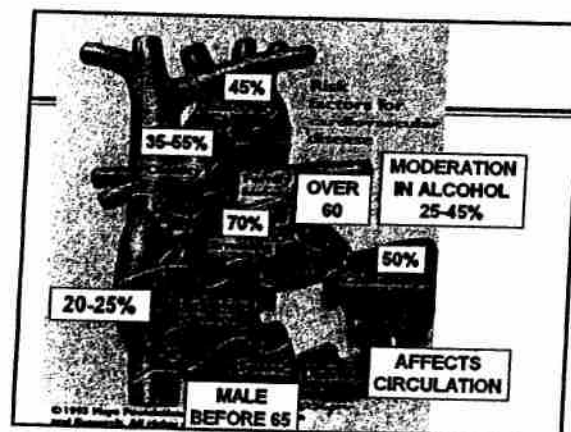


TYPES OF HEART DISEASE

- **ATHEROSCLEROSIS**
 - THICKENING & HARDENING OF THE ARTERIES
 - DEPOSITS OF PLAQUE ON THE ARTERY WALL
 - BLOCKS FLOW OF BLOOD
 - HEMORRHAGE OR BLOOD CLOT
- **HEART ATTACK: MYOCARDIAL INFARCTION**
 - A BLOOD CLOT BLOCKS FLOW OF BLOOD TO THE HEART
- **ANGINA PECTORIS**
 - CHEST PAIN - LACK OXYGEN TO THE HEART
- **STROKE: CEREBROVASCULAR INCIDENT**
 - BLOCKS BLOOD SUPPLY TO BRAIN
 - THROMBUS (BLOOD CLOT) OR EMBOLUS (WANDERING CLOT)
 - ANEURYSM: A WEAKED BLOOD VESSEL THAT BURSTS

CARDIOVASCULAR DISEASE CONT.

- **ARRHYTHMIA: IRREGULAR HEARTBEAT**
 - TACHYCARDIA: ABNORMALLY FAST HEARTBEAT
 - BRADYCARDIA: ABNORMALLY SLOW HEARTBEAT
 - FIBRILLATION: SPORATIC, INEFFICIENT HEARTBEAT
- **CONGESTIVE HEART FAILURE**
 - HEART MUSCLE IS DAMAGED
 - LACKS STRENGTH TO KEEP BLOOD CIRCULATING
 - POOLING OF BLOOD IN TISSUES
- **CONGENITAL HEART DISEASE**
 - SLIGHT MURMUR TO SERIOUS COMPLICATIONS
- **RHEUMATIC HEART DISEASE**
 - FROM AN UNRESOLVED STREP INFECTION



WARNING SIGNS

- PRESSURE, FULLNESS, SQUEEZING PAIN IN CENTER CHEST
- LASTS FOR MORE THAN 2 MINUTES
- PAIN SPREADING TO SHOULDERS, NECK, OR ARMS
- DIZZINESS, FAINTING, SWEATING, NAUSEA, SHORTNESS OF BREATH
- HOUR FOLLOWING A HEART ATTACK IS MOST CRITICAL
- 40% DIE

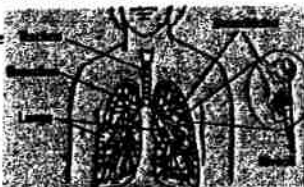


TREATMENT

- ANGIOPLASTY
 - BALLOON INFLATED TO FLATTEN PLAQUE
- BYPASS SURGERY
 - BLOOD VESSEL TRANSPLANTED TO BYPASS BLOCKED ARTERY
- ORNISH REVERSAL PROGRAM
 - DIET OF 10% FAT
 - EXERCISE
 - STRESS MANAGEMENT
- ASPIRIN
- REHABILITATION

PREVENTABLE DEATHS FROM CANCER

- 170,000 LIVES LOST
 - TOBACCO USE
- 19,000 DEATHS
 - EXCESSIVE ALCOHOL USE
- HIGH FAT DIET
- LOW INTAKE OF
 - FRUITS & VEGETABLES

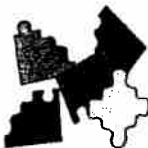


CANCER TERMINOLOGY-444

- NEOPLASM: P444
 - ABNORMAL CELL PRODUCTION
 - NO PHYSIOLOGICAL FUNCTION
- TUMOR: A CLUMPING OF CELLS-NEOPLASMS
- MALIGNANT: CANCEROUS
 - NOT ENCLOSED IN PROTECTIVE CAPSULE & SPREAD
 - METASTASIS: SPREADS TO DIFFERENT AREAS
- BENIGN: NONCANCEROUS
 - HARMLESS UNLESS THEY GROW TO DAMAGE ORGAN
 - ORDINARY LOOKING CELLS
- BIOPSY: TO DETERMINE IF CANCER IS PRESENT

CANCER DEFINITIONS

- GROUP OF DISEASES CHARACTERIZED BY
 - UNCONTROLLED GROWTH & SPREAD
 - ABNORMAL CELLS
 - METASTASIZE
 - NO PHYSIOLOGICAL FUNCTION
 - CROWD NORMAL CELLS
- MUTANT CELL
 - DIFFER IN FORM, QUALITY & FUNCTION
- CARCINOGENES: CANCER-PRODUCING
- ONCOGENES: CANCER-CAUSING GENES
- ONCOLOGISTS...CANCER PHYSICIANS



PROBABLE CAUSES OF CANCER

- BIOLOGICAL - GENETIC TENDENCY
- OCCUPATIONAL HAZARDS
- SOCIAL - PERSONALITY
- DIET
- MEDICAL
- CHEMICALS - DRUGS
- ASBESTOS, CERTAIN DYES & RADIOACTIVE MATERIALS, COAL, PESTICIDES

CANCER CLASSIFICATIONS

- **CARCINOMAS:**
 - AFFECT OUTER LAYER (EPITHELIAL) OF THE SKIN AND MOUTH.
 - BREAST, LUNG, INTESTINES, ETC.
 - METASTASIZE BY CIRCULATORY OR LYMPHATIC SYSTEM.
 - MAY FORM SOLID TUMORS.
- **SARCOMAS:**
 - IN MESODERM (MIDDLE LAYER OF TISSUE)...BONES, MUSCLES.
 - SPREAD BY BLOOD SYSTEM.

CLASSIFICATIONS

- **LYMPHOMAS:**
 - LYMPHATIC SYSTEM-
 - INFECTION FIGHTING REGIONS.
 - HODGKIN'S DISEASE.
 - FORM SOLID TUMORS.
- **LEUKEMIA:**
 - CANCER OF THE BLOOD-FORMING PARTS OF THE BODY, ESPECIALLY IN THE BONE MARROW AND SPLEEN.
 - ABNORMAL INCREASE IN NUMBER OF WHITE BLOOD CELLS.

TYPES OF CANCER

- **LUNG CANCER:**
 - RATES DROPPED AMONG WHITE MALES, BUT INCREASE IN WHITE FEMALES
 - SMOKERS & ENVIRONMENTAL EXPOSURE
 - A 13% CURE RATE.
- **BREAST CANCER:**
 - 1 IN 10 LIFETIME RISK-AGE RELATED
 - LUMP, THICKENING, DIMPLE
 - HIGHEST RISK -OVER 50
 - 92%+ SURVIVAL IF IT HASN'T SPREAD
 - SELF EXAMINATION - EARLY DETECTION

COLON & RECTAL CANCERS

- 3RD LEADING CAUSE OF DEATH.
- SIGNALS: BLEEDING IN RECTUM, CHANGES IN BOWEL HABITS.
- OVER AGE 40, FAMILY HISTORY, POLYPS, INFLAMMATORY BOWEL PROBLEMS
- DIETS HIGH IN FATS, LOW IN FIBER INCREASE RISK.
- SPREADS SLOWLY
- HIGH SURVIVAL RATE IF DETECTED EARLY.

SKIN CANCER

- **BASAL - SQUAMOUS CELL CANCERS.**
 - SORE THAT DOESN'T HEAL
- **MALIGNANT MELANOMA IS INCREASING 4% PER YEAR.**
 - CHANGE IN SIZE OR COLOR OF MOLE
 - SCALINESS, OOZING, BLEEDING, A BUMP OR NODULE, SPREAD OF PIGMENT BEYOND THE BORDER...ITCHINESS, PAIN.
 - OFTEN CAUSES DEATH
- EXPOSURE OF SUN & TANNING BEDS

TESTICULAR CANCER

- **MALES AGES 15-34.**
- **FAMILY HISTORY OF UNDESCENDED TESTICLES?**
- **SIGNALS**
 - PAINLESS ENLARGEMENT OF THE TESTICLE OR THICKENING IN TISSUE.
- SELF EXAMINATION IS KEY TO EARLY DETECTION.

OTHER CANCERS

- UTERINE: INCREASING IN WOMEN 30+
- PROSTATE: MEN OVER 60
 - PAIN IN URINATION, BACK PAIN
- OVARIAN: WOMEN OVER 40
 - SILENT SYMPTOMS - ENLARGED ABDOMEN
- LEUKEMIA, CANCER OF THE BLOOD
 - FATIGUE, PALENESS, WEIGHT LOSS, EASY BRUISING, REPEATED INFECTIONS
- ORAL CANCER: TOBACCO USE IS CAUSE
- PANCREAS: OFTEN FATAL

OTHER CANCER FACTS

- CANCER DEATHS ARE INCREASING
- EARLY DIAGNOSIS IS THE KEY!
- SELF-EXAMS ARE IMPORTANT
- TREATMENT HAS IMPROVED.
 - SURGERY, RADIATION AND CHEMICAL THERAPY
 - TAXOL AND IMMUNOTHERAPY
 - INTERFERON: STIMULATES IMMUNE SYSTEM - A PROTEIN PRODUCED BY THE BODY WHEN INVADED BY A VIRUS.



cardiovascular disease
leading cause of death in the U.S.

50% OF ALL DEATHS CAUSED BY CVD

OVER \$117 BILLION SPENT ON TREATMENT
AND LOST PRODUCTIVITY
OVER 70 MILLION AMERICANS HAVE SOME
FORM OF HEART DISEASE
OVER 30% OF AMERICANS ARE OBESE
LEISURE LIFESTYLES ARE WIDESPREAD
MILLIONS CONTINUE TO SMOKE AND DRINK
STRESS MANAGEMENT IS NOT UTILIZED

THERE CAUSE FOR OPTIMISM

- CVD HAS DECLINED MORE THAN 25%
IN THE PAST 10 YEARS
- ADVANCED MEDICAL TECHNIQUES
- EARLIER & BETTER DIAGNOSTICS
- CPR TRAINING
- EDUCATIONAL PROGRAMS
- AWARENESS OF DIET & EXERCISE

TYPES OF HEART DISEASE

- MYOCARDIAL INFARCTION (HEART
ATTACK)
- ARRHYTHMIA (IRREGULAR
HEARTBEAT)
- ANGINA (CHEST PAIN)
- CONGESTIVE HEART FAILURE
- CONGENITAL & RHEUMATIC HEART
DISEASE
- CEREBROVASCULAR ACCIDENT
(STROKE)

THE HOUR FOLLOWING A HEART ATTACK IS MOST CRITICAL...40% DIE

WARNING SIGNS

- UNCOMFORTABLE PRESSURE,
FULLNESS, SQUEEZING, OR PAIN IN
CENTER CHEST THAT LASTS FOR
MORE THAN 2 MINUTES
- PAIN SPREADING TO SHOULDERS,
NECK, OR ARMS
- SEVERE PAIN, DIZZINESS, FAINTING,
SWEATING, NAUSEA, SHORTNESS OF
BREATH

WAYS TO REDUCE HEART ATTACK RISKS

- | | |
|--------------------------------------|------------------------------|
| ◦ 70% LOWER RISK | ◦ QUIT SMOKING |
| ◦ 60% REDUCTION (2-
3% FOR EA 1%) | ◦ REDUCE
CHOLESTEROL |
| ◦ 35-65% REDUCTION
IF NOT OBESE | ◦ IDEAL BODY
WEIGHT |
| ◦ 45% REDUCTION | ◦ EXERCISE |
| ◦ 25-45% REDUCTION | ◦ MODERATE USE
OF ALCOHOL |

