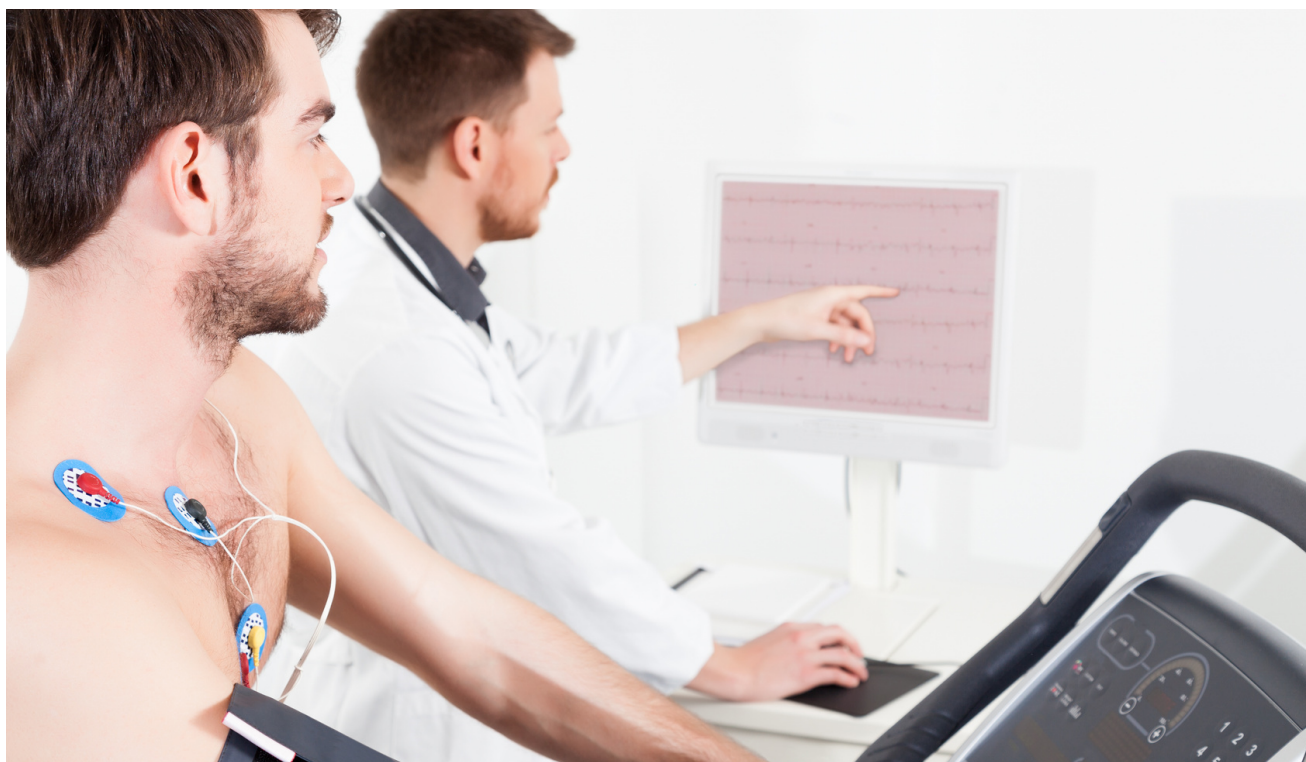# WHY MONITOR HEART HEALTH

Diagnosis and Prevention

Monitoring Heart Health by screening for Cardiovascular Disease Risk Factors saves the lives of those diagnosed and undiagnosed with heart conditions. A medical record is made for every individual who is screened and these records create a history. Heart Rhythm, Blood Pressure, Cholesterol Levels, Body Weight, Blood Glucose, and Lifestyle are all recorded. The History created by these tests allow physicians to monitor Risk Factors for Heart Disease and offer Professional Lifestyle Advice to better the health of their patients.

Finding Warning Signs
The Warning Signs for Heart Disease can be found as Risk Factors and prevented if screened for and treated by a medical professional. The Risk for Coronary Artery Disease can be determined by monitoring blood pressure and cholesterol. Even the Risk for Sudden Cardiac Arrest can be determined by an interpreted ECG.

Prevention
Diet and exercise are what work best to keep the heart healthy. Though genetic factos (...)

also influence an individual's health greatly. Doctors also screen with other tools such as ECGs, Blood Pressure, and Blood Tests to detect heart conditions. These tests can allow the prevention of heart disease if treated correctly by a medical professional.

How Many are Affected by Heart Disease

As of 2018, 30 million adults were diagnosed with heart disease. Every year about half a million people die from Heart Disease alone. Heart Disease causes 25% of all deaths in the United States, making it the leading cause of death.

What is the Leading Heart Disease causing these deaths? Sudden Cardiac Arrest.

How Many Does SCA Affect

Sudden Cardiac Arrest causes about 325,000 deaths in the U.S. Every Year. This happens most frequently in middle aged adults and rarely in children.

Sudden Cardiac Arrest occurs when the heart's electrical system malfunctions and causes the heart to beat irregularly.

Ventricular Fibrillation often causes blood to not be delivered to the body, and once blood flow to the brain is reduced enough, loss of consciousness and death can follow without immediate emergency intervention.

What is the Percentage Risk

10%-20% of the U.S. population is at risk for Sudden Cardiac Arrest according to the NIH.

50% of all deaths caused by cardiovascular disease have ended in Sudden Cardiac Arrest.

What are the Risk Factors

The determinable Risk Factors include cholesterol, blood pressure, stress, smoking, diabetes, and obesity. These Risk Factors can be monitored and managed at a professional and personal level.

What can be done in Prevention of Heart Disease and SCA

Heart Disease and Sudden Cardiac Arrest can be prevented by managing risk factors and monitoring Cardiovascular Health.

Professionally Monitoring Heart Health

Healthcare providers professionally Monitor Heart Health in order to determine Risk for Heart Disease. Blood Pressure to record stress on the Cardiovascular system. Electrocardiograms to record Heart Rhythm. Blood Tests to record cholesterol and glucose levels. All of this data is recorded to make Heart Disease Preventable and if found existing, manageable.

Leading a Healthy Lifestyle

Many of the Risk Factors for Heart Disease are Manageable. Diet affects cholesterol, glucose, and body weight. Physical activity affects cardiovascular fitness and blood pressure. Lifestyle and Heart Health is connected and is the main determinant of General Health in Most People.

"A Full 12 Lead ECG will show if there are any signs of heart disease, define, and locate it. That information will help you identify the current cardiovascular state of your patient's heart, and affect what diet or exercise program you may recommend to your patient. You will want to monitor your patient's heart alongside any programs you may recommend to your patient over time." - Roger E. Nasiff Ph.D.