



New Beats

No 3 / January 2017

Fight the No.1 killer of women HEART DISEASE

At WHHC our aim is to improve women's cardiovascular health and reduce burden of disease through awareness prevention, screening, primary treatment and advocacy.

Early detection can make all the difference. At WHHC we encourage women over 45 years for an annual checkup.

Cardiovascular disease (CVD) is a global epidemic. It's the leading cause of mortality and morbidity worldwide, affecting all regions regardless of income.

CVD causes 17.5 million deaths each year, most of which are from heart attacks and strokes.

While outstanding progress has been made in CVD awareness, prevention and treatment, 3 out of every 10 deaths this year will still be a result of CVD.

Ref: World Heart Federation 2015

February International Awareness Month On Cardiovascular Disease

Did You Know?

- Women who smoke risk having a heart attack 19 years earlier than non-smoking women
- Second-hand smoking increases the risk of coronary heart disease by 25%
- Non-smokers have more than a 70% increase in risk of stroke if they live with a smoker
- Even brief exposure to second-hand smoke could trigger a heart attack

Source: "Smoking and Heart Disease and Stroke." CDC, 2010



Women Heart Health: a model of Global health strategies

Cardiovascular disease (CVD) remains the leading cause of death in women for almost a century, more women than men have died of CVD every year since 1984. Although CVD incidence can be reduced by adherence to a heart-healthy lifestyle and treatment of major risk factors, preventive policies and initiatives have been lacking at the national level; Guidelines based recommendations have not been consistently or optimally recognized and applied to Lebanese women.

Established guidelines for CVD prevention in women recommend strict attention to early detection and diagnosis of latent and preclinical cardiovascular disease and related risk factors. It is well established that sedentary life style, smoking, hypertension, high lipids and diabetes exert more deleterious effects on cardiovascular health of women as compared to men. Conversely, treating these risk factors early and aggressively has been demonstrated to be more impactful in reducing heart attacks, strokes and death.

In the era of personalized medicine, physicians must develop a plan for assessment and treatment of CVD risk and personalization of treatment recommendations. One size does not fit all. The emphasis of preventive efforts has shifted away from treatment of individual CVD risk factors in isolation, toward assessment of a woman's overall or "global" CVD risk.

In addition to calculating the time-tested traditional Framingham risk score, based on age, sex, smoking history, and lipid and blood pressure levels, we must now include more detailed considerations of family history and surrogates of subclinical existing disease such as Calcium score and subtle biomarkers. Intervention intensity and treatment goals are tailored to overall risk, with those at highest risk receiving the most intense risk-lowering interventions.

In addition, attention to psychologic well-being is equally important. Depression confers a significantly increased risk of adverse outcome after a diagnosis of heart disease and is a major barrier to adoption of healthy lifestyle behaviours. It is associated with a higher risk for first and recurrent heart attacks and is more prevalent in women than in men.

The WHHC has been a pioneer in leading and embracing all elements of awareness, detection and intervention. Optimal application of these preventive practices is expected to significantly reduce the burden of death and disability caused by heart attack and stroke in Lebanese women.

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Physical activity and your heart

You might already know that physical activity is beneficial, but you may not realize just how important performing regular physical activity is to your health. Admittedly, inactive people are nearly twice as likely to develop heart disease as those who are active. Moreover, studies approved that physical activity lessens cardiovascular diseases (CVD) risk by controlling risk factors such as serum lipids, blood glucose, high blood pressure, obesity and overweight in addition to strengthening the heart muscle.

The goal is to achieve 150 minutes of moderate exercise weekly (walking, jogging, cycling, and dancing).

If you have a busy schedule, creating opportunities from everyday tasks to move around is a great way to stay active;

- Use the stairs both up and down instead of the elevator.
- Park a few blocks from the office or store or home and walk the rest of the way. If you take public transportation, get off a stop or two early and walk a few blocks.
- While working, take frequent activity breaks. Get up and stretch, walk around, and give your muscles and mind a chance to relax.
- Do housework, gardening, or yard work at a more vigorous pace.
- Keep moving while you watch TV. Lift hand weights, do some gentle yoga stretches, or pedal an exercise bike.

To keep track, using a pedometer is an excellent way to motivate yourself to stay physically active. 2,000 steps roughly equals 15 minutes of physical activity. So, aim for 10,000 steps daily, and keep challenging yourself for more! Your heart will thank you!

Ref: The U.S. department of Health and Human Services (USHHS)

Hana Ziad Orabi
Dietitian / Yaduna-WHHC

Activities & Achievements

During the past 3 years, more than 2,700 women benefited from the Women Heart Health Center (WHHC) services. After regular follow-ups, it showed that the majority neither knew what heart diseases are about nor how to prevent their occurrence. This is what motivates us to constantly conduct awareness campaigns with different social and health organizations, such as municipalities, development service centers, health care centers, women organizations and associations.

On the occasion of World Heart Day on September 29, the national committee for the prevention of cardiovascular diseases launched, in collaboration with the Ministry of Health and the foundation of Yaduna, the National Campaign for the early detection of cardiovascular diseases, during a press conference entitled "Don't wait, your heart can't wait!"

The campaign targeted Lebanese citizens aged 45 and above, to whom health care centers offered the early screening package for the overall risk of developing cardiovascular diseases at a minimal cost, including necessary medical examinations and tests. Yaduna foundation played an important role in receiving Lebanese women, to perform examinations and undergo required tests for free. In addition, as part of the campaign, a group of medical doctors raised awareness through educational seminars at the primary health care centers in various regions of Lebanon.

The foundation continues its achievements and engagement in various social activities like the Beirut Marathon, with the aim of motivating women to take care of their health and fight cardiovascular diseases, the number 1 killer in Lebanon and the whole world.

Diana Helou
Social Worker / Yaduna-WHHC



Under the slogan "Offer a heart to save a heart," Yaduna and Moukarzel launched on November 10, 2016 a new jewelry collection, designed to touch the heart of every man and woman. The "Moukarzel For Yaduna" collection was inspired by Yaduna's most symbolic gem: The Heart, which carries the love, courage and strength every woman needs to prevent heart diseases. Part of the proceedings will go to Yaduna's funds, making its responsibility grow bigger by committing to a noble cause that touches every person's heart.



Donate to save a heart Call us on (05) 923229

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25 Homemaking Tasks That Burn 100 Calories				
12 minutes of carrying groceries upstairs	15 minutes of moving household furniture	18 minutes of cleaning gutters	18 minutes of mowing the lawn	20 minutes of raking the lawn
25 minutes of mopping	25 minutes of vacuuming	30 minutes of gardening	30 minutes of painting walls	30 minutes of playing with children
30 minutes of taking out the trash	35 minutes of dusting	35 minutes of clearing dishes from the table	35 minutes of putting away groceries	35 minutes of scrubbing toilets
38 minutes of ironing	40 minutes of grocery shopping	40 minutes of washing dishes	44 minutes of folding clothes	44 minutes of cooking
45 minutes of changing light bulbs	45 minutes of hand tailoring clothes	60 minutes of knitting	60 minutes of reclining with a baby	60 minutes of scrapbooking