

New Beats

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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 check up.

• Did you know?

Many studies have shown that oral health is connected to heart disease. Research suggests that gum disease (periodontitis) is linked to an increased risk of heart disease and that people with chronic gum disease have an increased thickness of their neck blood vessels. It is important to take care of your teeth and gums. Mayo Clinic health experts advise you to:

1. Brush your teeth at least twice a day
2. Floss daily
3. Replace your toothbrush every three months - or sooner if the bristles become bent
4. Schedule regular dental checkups and cleanings

Source: Mayo clinic

• Sleep & your heart health: Are they really connected?

Sleep! We have never been so sure of how important "enough sleep" is to our health, as much as we are today. Recent research made it clear that **lack of sleep leads to several health complications, one of which is heart disease.**

According to the National Sleep Foundation (NSF) "Sleep is essential for healthy heart". It was confirmed that people who don't get enough sleep are at higher risk for cardiovascular disease-regardless of age, weight, smoking and exercise habits.

"One study that examined data from 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night."

Although it's not completely clear why lack or less sleep is detrimental to heart health, scientists and researchers understand that less sleep

• Are you a woman in ideal cardiovascular health?

It would be the case if you have (without any treatment) fasting blood glucose <100 mg/dl, blood pressure <120/80 mmHg, total cholesterol <200 mg/dl, body mass index (BMI) <25 kg/m², in addition to smoking abstinence, participation in physical activity for at least 150 min per week at moderate intensity and at least 75 min per week at vigorous activity, and if you adhere to dietary approaches to reduce salt. Unfortunately, few can fulfill all these criteria.

The severe implications of diabetes on women's health make early diagnosis of this disease critical. Women with diabetes have more than a 40% greater risk of developing coronary heart disease (CHD) compared to men with diabetes. In postmenopausal women, the effect of changing levels of hormones induces changes in fasting plasma glucose levels and glucose tolerance. Abdominal adiposity is not only thought to increase the risk of developing diabetes mellitus, but it is implicated in other important markers of cardiovascular disease, such as endothelial dysfunction, increased platelet activation and atherosclerosis.

High blood pressure is another important risk factor with unique implications for women. In people under 45 years of age, more men than women tend to have hypertension (HTN), whereas in those over 65 years, more women than men have HTN. Data from a study of nearly 100,000 postmenopausal women in USA between 1994 and 1998 indicates that the prevalence of HTN ranged from 27% in women aged 50-59, to 41% in women 60-69 years, to 53% in women 70-79 years. Furthermore, over the age of 65, women have a significantly lower rate of good control of their HTN.

A healthy lifestyle involves maintaining a BMI <25 kg/m², and participation in physical activity. Women with a BMI <25 kg/m² and a waist circumference <70 cm has the lowest risk of CHD and women with BMI ≥30 kg/m² and waist circumference ≥80 cm has the highest risk. Walking for 30 min a day, five times a week is associated with a 19% reduction in CHD. Simple changes in one's daily routine, such as taking the stairs, walking to work, are recommended. In addition to exercise and weight control, abstinence from smoking is crucial. Compared with nonsmokers, women who smoke have a 25% greater relative risk of CHD compared with male smokers.

If you want to live longer and healthier, then early screening and diagnosis are crucial for preventing the development of a wide range of chronic illnesses, including cardiovascular diseases.

After all, life is not so bad when you consider the alternative.

Antoine Sarkis
Professor in cardiology, Faculté de médecine-USJ
Hotel Dieu de France Cardiologist
Member of Yaduna /WHHC Board of Director and Board of Trustees

• Success stories

Nashwa visited our center on June 23, 2015. She was complaining from shortness of breath. Telling us her story, we knew that she underwent a Coronary Angioplasty a few months earlier at a renowned hospital. The printed diagnosis she provided us with described only a 40% blocked artery. Unfortunately, Nashwa reported that she was not advised for any additional exam or treatment.

Following clinical examinations at Yaduna, our cardiologist discovered an undiagnosed heart murmur. He requested additional tests including an ultrasound of the heart which gave evidence of a sharp and advanced hardening of the aortic valve. With emergency, Nashwa was addressed by Yaduna to a hospital we collaborate with, where she underwent an urgent valve replacement.

The surgery was a success; Nashwa's cardiovascular health is no longer at risk. We are so proud and happy to see a smile on your face again.

Media cooking session held on June 2016 ,1 & the bloggers cooking session held on June 2016 ,2 can be viewed on our social media channels.

causes disturbances in underlying health conditions and biological processes like glucose metabolism, blood pressure, and inflammation. This is not only an issue in adulthood, for many studies have shown that less sleep earlier in life could take its toll as well. For example, in one study, adolescents who didn't sleep well were at greater risk for developing cardiovascular problems. They also had altered lipid profile (mainly higher cholesterol) and a higher body mass index (BMI). Saying this, it is important to protect sleep at every age because alterations in childhood health could snowball into major concerns later on.

Recommendations are according to the American Heart Association (AHA) **6 to 8 hours of sleep every day.** Sleep Well!

Hana Ziad Orabi
Dietitian / Yaduna-WHHC



• Activities & Achievements

During February, the cardiovascular disease awareness month, Yaduna launched an awareness campaign, by broadcasting a sensitized text message to persuade Lebanese women to check up their heart health and invite them to visit the Women Heart Health Center.

As part of this campaign, Yaduna set up an educational booth about cardiovascular disease in Beirut City Center, Hazmieh, with the presence of qualified cardiologists and nutritionists who were giving out professional advice and answering women's questions and concerns. The campaign included a presentation of the Women Heart Health Center, its mission, targets and services followed by a general knowledge quizzes, which allowed every person stopping by the booth to participate at the end of each day in a draw prized with a Beirut City Center gift vouchers.



On March 16, Yaduna Foundation organized, for the third year in a row, its annual gala dinner with a mobilizing motto "How Big Is Your Heart" graced by ladies in red dresses, (The Red Dress is the International symbol for women and heart disease awareness, it serves as a red alert for women, reminding them of The Heart Truth message: "Heart Disease Doesn't Care What You Wear - It's the #1 Killer of Women").

During the Gala, Yaduna's Board of Trustee members were honored for their consistent loyalty, support and generosity. With the presence of more than 500 guests, the event was a real success engendering generous donations which will allow Yaduna to help more than 1,000 women completing their cardiovascular check ups, and benefit from medical and nutritional advices at WHHC.

The time has come for every woman to check her heart. We're waiting for you!

Diana Helou
Social Worker / Yaduna-WHHC

Run for your heart, join us at Beirut Marathon on November 13, 2016

Mark your calendars, September 29 is World Heart Day



Donate to save a heart.

Call us on (05) 923229

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