



## **A CUP OF HEALTH WITH CDC**

### *Keep the Blood Flowing*

*Avoidable Deaths from Heart Disease, Stroke, and Hypertensive Disease – United States, 2001-2010*

Recorded: September 3, 2013; posted: September 5, 2013

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Cardiovascular disease accounts for more than 800,000 deaths each year in the U.S. Fortunately, many are preventable by following a few simple strategies.

Linda Schieb is a researcher with CDC's Division for Heart Disease and Stroke Prevention.

She's joining us today to discuss ways to prevent cardiovascular disease. Welcome to the show, Linda.

[Linda Schieb] Thank you.

[Dr. Gaynes] Linda, let's start with; what is cardiovascular disease?

[Linda Schieb] It's a set of diseases that's the number one killer of Americans. It affects the heart and blood vessels and can cause blockages that can lead to heart attack or stroke.

[Dr. Gaynes] Are certain people more likely to have cardiovascular disease?

[Linda Schieb] Yes, people who have high blood pressure, high cholesterol, diabetes, people who smoke, who are obese, and those who have a family history of heart disease and stroke are more likely.

[Dr. Gaynes] What can we do to prevent cardiovascular disease?

[Linda Schieb] Remember, you can have cardiovascular disease and not even know it. So, it's important to work with your health care provider to be screened for some of those risk factors

that we just mentioned. Then you can work with the doctor to help manage things that we call the “ABCS” of heart health. So, aspirin when appropriate, blood pressure control, cholesterol management, and smoking cessation. Also, if you have diabetes, it’s important to work with your healthcare provider to develop an individualized treatment plan.

[Dr. Gaynes] Linda, what can people do on their own?

[Linda Schieb] Individuals can make changes to their health habits. If they do smoke, they should stop smoking, increase their physical activity to 2 ½ hours per week, eat a healthy diet low in sodium and trans fats and high in fruits and vegetables, and maintain a healthy weight. Also, they need to be following the recommendations of their health care provider.

[Dr. Gaynes] Where can listeners get more information about cardiovascular disease?

[Linda Schieb] They can go to [cdc.gov/heartdisease](http://cdc.gov/heartdisease) , all one word. From there they can follow links to more information on stroke and high blood pressure.

[Dr. Gaynes] Thanks, Linda. I’ve been talking today with CDC’s Linda Schieb about preventing cardiovascular disease.

Remember to use the “ABCS” — aspirin therapy when appropriate, blood pressure control, cholesterol management, and smoking cessation. In addition, eat a healthy diet that’s low in fat and sodium and exercise regularly to improve your chances of living a long and healthy life.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.