July 2023

CARDDIOGRAM
Promoting Heart Health in Jamaica

What’s Inside?

- Cardiovascular Disease in Jamaica
- You might be at risk...
- Health SWAPS to reduce salt
- Get Screened
- Know your numbers!
- Calendar of HFJ Events
JULY IS MEMBERSHIP MONTH!

We are celebrating our new & existing members all month!

Sign up today
- www.heartfoundationja.org
- Visit our office
- Our Mobile Team

Renew your membership
- If you are below 65 years old, you may register for $2,000 (new members fee)
- If you are above 65 years old, you may register for $1,500 (new members fee)

VISIT US AT: 28 BEECHWOOD AVENUE
CALL US: (876) 926-4378/619-7007-8
WHATSAPP: (876)-334-4998
"Do Your Part, Check Your Heart"

Here are some facts on cardiovascular disease in Jamaica, the risk factors and how knowing your numbers could save your life!
Cardiovascular Disease in Jamaica!

Cardiovascular Disease (CVD) is known to be the leading cause of death worldwide and is responsible for more than 31% (17 million) of deaths globally. This remains true in Jamaica and other Caribbean countries. Additionally, there is a high prevalence of CVD risk factors in Jamaica. Take a look at our numbers as a nation.

MORE JAMAICANS ARE AT RISK FOR CVD!

- 53.9% overweight
- 28.9% Obese
- 31.5% Hypertensive
- 10.2% Diabetic
- 17.1% High cholesterol

*This also does not account for the vast number of individuals that are not tested and diagnosed.

(JHLS 17)
You Might Be At Risk for A Heart Attack!

Although CVD is the main cause of death and disability, it can often be prevented by living a healthy lifestyle. The first step is to assess your risk.

1. One of the most significant risk factors is high blood pressure (Hypertension). High salt intake and stress could contribute to this.

2. Smoking and the use of tobacco is a major risk factor as the harmful residue lodges itself in the blood vessels, narrowing the passage for blood to flow and over time will causes blockage in the arteries.

3. High Cholesterol which is fatty substance that is found in the blood may be too high and the excess fat deposits itself in the blood vessels causing the vessels to narrow and thereby increases the risk of a blood clot.

4. Diabetes, commonly referred to as ‘sugar’, is another lifelong condition that can lead to Heart disease. Sugary drinks and food can increase ones risk.

5. Obesity, inactivity, family history and other poor lifestyle and nutritional practices may contribute to obesity.
It can be tempting at times to overindulge in tasty treats. Moderation is key and we must be mindful that overconsumption of foods high in fats, sugar and salt/sodium can lead to obesity which increases the risk of developing chronic non-communicable diseases such as Heart Disease, Diabetes, Hypertension, High Cholesterol, and other health complications.

When making food choices, we should remember to consider vitamins and minerals. Why? Because most processed and ultra-processed foods often provide most of their calories only from sugar and fat, and provide just a few (if any) vitamins and minerals.

Salt/Sodium

Excessive amounts of salt or sodium can increase your risk of high blood pressure and kidney disease. It is recommended that the average adult should not consume more than 2300mg of sodium (which is found mainly in processed and ultra-processed foods) or 1 teaspoon of salt per day.

There are different types of salts available on the market, some of which are said to be healthier variations to table salt. These include Sea Salt, Kosher Salt and Pink Himalayan Salt. According to research by the American Heart Association, table salt and most sea salts contain about 40% sodium by weight. Kosher Salt and Sea Salt may be deemed as suitable alternatives to table salt. This is because 1 teaspoon of Kosher or Sea Salt would contain less sodium compared to Table Salt. This is due to the fact that Kosher and Sea Salts have larger grains/crystals, hence lower numbers of crystals in 1 teaspoon.¹

You may use the below list to swap out high salt foods for healthier options:

<table>
<thead>
<tr>
<th>High Salt/Sodium Foods</th>
<th>Low Salt/Sodium Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, sausage, frankfurters</td>
<td>Low sodium meats, poultry, seafood and dairy</td>
</tr>
<tr>
<td>Ramen noodles</td>
<td>Whole-grain Spaghetti or macaroni</td>
</tr>
<tr>
<td>Pre-packaged Chips and French Fries</td>
<td>Baked Sweet potato wedges; Baked Potato without added fat; bread fruit or corn chips/wedges</td>
</tr>
<tr>
<td>Table Salt (for flavouring during cooking)</td>
<td>Natural herbs and spices; vinegar, citrus</td>
</tr>
<tr>
<td>Pizza</td>
<td>Veggie or grilled chicken pizza with cauliflower or whole grain base</td>
</tr>
<tr>
<td>Salted nuts</td>
<td>Unsalted/ fresh nuts</td>
</tr>
</tbody>
</table>
Hearty Swaps Cont’d

<table>
<thead>
<tr>
<th>Category</th>
<th>Hearty Swaps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cup soup</td>
<td>Homemade chicken or fish soup with no salt or pack soup mix</td>
</tr>
<tr>
<td>Powdered seasonings</td>
<td>Fresh herbs and spices</td>
</tr>
<tr>
<td>Canned beans and peas e.g. Baked beans</td>
<td>Dried peas and beans</td>
</tr>
<tr>
<td>Cheese sauce</td>
<td>Vegetable sauce</td>
</tr>
<tr>
<td>Canned vegetables</td>
<td>Fresh and frozen vegetables</td>
</tr>
<tr>
<td>Processed cheese</td>
<td>Low-sodium, natural cheese; Goat cheese</td>
</tr>
<tr>
<td>Cold cuts and lunch meats</td>
<td>Low-sodium/sodium free meats and turkey or chicken breast</td>
</tr>
<tr>
<td>Canned meats, poultry and seafood</td>
<td>Fresh cuts of meat, poultry or seafood</td>
</tr>
<tr>
<td>Packaged macaroni and cheese</td>
<td>Fresh baked mac and cheese with low-sodium cheese</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Lemon, lime or orange juice; olive oil/vinaigrette</td>
</tr>
<tr>
<td>Crackers and tortillas</td>
<td>Whole grain, salt free biscuits and crackers</td>
</tr>
<tr>
<td>Canned soups</td>
<td>Homemade soups without added salt</td>
</tr>
<tr>
<td>Breads</td>
<td>Whole grain, low-sodium breads</td>
</tr>
<tr>
<td>Pretzels</td>
<td>Unsalted pretzels</td>
</tr>
<tr>
<td>Condiments (soy sauce, teriyaki sauce)</td>
<td>Lemon juice, Fresh tomato sauce/ freshly diced tomatoes or vinegar for flavoring</td>
</tr>
<tr>
<td>Pre-packaged cakes and pies</td>
<td>Low salt versions or homemade without salt</td>
</tr>
</tbody>
</table>
Family and Friends

CPR Day!
"When Seconds Count, Count on CPR"

Saturday August 26, 2023 @ 9:00 am - 1:00 pm

Call Us to Register Now
(Deadline Tuesday August 22, 2023)
- You may register and pay via our website @ www.heartfoundationja.org

Cost $2,000
HFJ Members Free

CONTACT DETAILS
- 28 Beechwood Ave, Kingston 5, Kingston, Jamaica
- Tele: 876-926-6490 | 876-619-7007-8
- WhatsApp: 876-332-8389
- info@heartfoundationja.org

HFJ certificate will be awarded
Early Detection via Screening Could Save Your Life!

Suffice to say, the term ‘silent killer’ is often used to describe the risk factors of CVD. This simply means that more often than not, life threatening health conditions do not present with a symptom, until it has reached a critical stage. Screening is imperative for prevention and early detection.

Heart screening involves simple checks that can help to rule out and monitor the risk factors mentioned earlier. Here are some of the basic checks done at the Heart Foundation of Jamaica to help persons to know their numbers and status:

- **Blood Pressure Testing**
- **Body Mass Index (BMI)**
- **ECG (checks the electrical activity of the heart)**
- **Blood Sugar & HbA1c Testing**
- **Cholesterol**
It is important to know your numbers as you could be saving your own life. Visit or give us a call today to book your appointment. We will check your heart and provide the necessary guidance. If your numbers are abnormal, we can also schedule you for an appointment to see one of our Medical professionals who will formulate a specialized plan to help you reach your desired goal.

It all begins with you!

‘Do Your Part, Check Your Heart’.
GET TRAINED
AT THE HEART FOUNDATION OF JAMAICA

COURSES OFFERED

AMERICAN HEART ASSOCIATION
HEALTH PROFESSIONALS
Basic Life Support
Advanced Cardiac Life Support
Paediatric Advanced Life Support

AMERICAN HEART ASSOCIATION
NON-HEALTH PROFESSIONALS
Cardiopulmonary Resuscitation (CPR)
First Aid
Family and Friends CPR

OTHER
ECG Dysrhythmia Recognition Course

YOU COULD SAVE SOMEONE'S LIFE!
Mark Your Calendar!

- Membership Month – July 2023
- Annual ECC Symposium- August 23, 2023
- CPR Week – August 21 – 25, 2023
- World Heart Week – September 25 -29, 2023
- World Heart Day- September 29, 2023
- Go Red for Women- October 25, 2023
- Family and Friends CPR Day- November 11, 2023
- World Sugar Awareness – November 13-18, 2023
- World Diabetes Day – November 14, 2023
- Pharmacy Week - November 20- 24, 2023
- Members Club Meeting - November 24, 2023
- World Iron Deficiency Awareness Day – November 26, 2023
- Caribbean Alcohol Reduction Day – December 1, 2023
- Reggae Marathon – December 03, 2023

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