



HEART HEALTHY LOVE

WHAT YOU SHOULD KNOW

Heart disease continues to be the leading cause of death for men, women, and most racial and ethnic groups worldwide. According to the National Center for Health Statistics, one person dies every 33 seconds from cardiovascular disease in the United States. Additionally, the American Cancer Society 2023 report indicates about 695,000 people in the United States died from heart disease in 2021—that's 1 in every five deaths.

Heart disease is SC's leading cause of death. In 2021, 12,210 SC residents died from heart disease. It accounted for 52,742 hospitalizations and more than \$4.8 billion in hospitalization-related charges.

High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including diabetes, obesity, unhealthy diet, physical inactivity, and excessive alcohol use.

LOVE IN ACTION

STOP SMOKING: Cigarette smokers have a 70% greater chance of dying from heart disease than non-smokers.

MAINTAIN A HEALTHY WEIGHT: Being overweight increases the risk of heart disease by 32%. Eat a healthy diet that's low in fat, cholesterol, and salt.

HAVE YOUR CHOLESTEROL CHECKED: People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.

CHECK YOUR BLOOD PRESSURE: High blood pressure is often called the “silent killer” because it has no symptoms except for extreme cases.

MANAGE YOUR DIABETES: At least 68% of people aged 65 or older with diabetes die from some form of heart disease. Also, in South Carolina, one out of every seven adults has diabetes.

GET PHYSICAL: Regular physical activity could reduce by nearly 20% one's risk of having high blood pressure. Half of all adults in SC don't get the recommended amount of physical activity. Exercise for at least 30 mins on most days of the week.

LEARN THE WARNING SIGNS OF A HEART ATTACK & STROKE: Chest pain is not the only symptom of a heart attack or stroke. Classic signs include a numb feeling in the arm, leg, or one side of the body and slurred speech. However, the signs for women are less common and include indigestion, shortness of breath, back pain, and no chest discomfort.



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SHOW SOME LOVE

BECOME A MENTAL HEALTH FIRST AIDER

The opioid epidemic continues to pose a serious threat and is the leading cause of overdose death in the United States. In 2021, over 80,000 Americans died from a drug overdose, and nearly 88% of those deaths involved synthetic opioids. Many Americans who become addicted to opioids do so after initially receiving a prescription for pain as a treatment regimen following surgery.

Also, persons who have been diagnosed with mental problems, such as anxiety and depression, can become addicted to drugs. They may take drugs in an attempt to control and/or ease their symptoms due to their mental health problems, while others develop mental health problems related to their compulsive drug use. In either case people suffering from mental health conditions are more likely to get opioid prescriptions and are also more likely to develop a dependence on them.

FACT: In 2021, South Carolina reported 2,168 drug overdose deaths. Of those, 1,733 were opioid-involved deaths.

FACT: Every year in South Carolina, 3.5 million opioid prescriptions are filled.

FACT: For heroin users, 4 out of 5 Heroin users started with prescription painkillers.

Having a mental health disorder increases the chances of staying on opioids long-term. Adults with mood disorders are twice as likely to take prescription opioids for long periods compared to people with no mental health issues. Mental health is at the core of what is happening in our society. Suicide is increasing. Opioid-related deaths are increasing.



It's important for not only mental health professionals but for everyone to increase their understanding of the opioid crisis. One way to learn more about the opioid epidemic, mental health, and how to effectively support someone experiencing a mental illness or emotional crisis is to become a Mental Health First Aider.

TRAINING IS LOVE

The Mental Health First Aid course introduces participants to risk factors and warning signs of mental health problems, builds an understanding of their impact, and overviews appropriate supports. Becoming a first aider does not prepare you to diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions like, "What do I do?" and "Where can someone find help?" Learn more at www.hotlifeline.org/MHFA.

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Hold Out the Lifeline: A Mission To Families





Each One Can Reach One

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