



Risk Factors for Heart Disease

Watch Out for These!

High blood pressure

When this happens, the heart has to pump harder than it should to push blood through the circulatory system. The condition has no warning signals, which is why everyone should have their blood pressure checked regularly. Sometimes high blood pressure can be reduced by increasing physical activity, making healthy food choices and losing weight. Other times, prescription medicine is required.

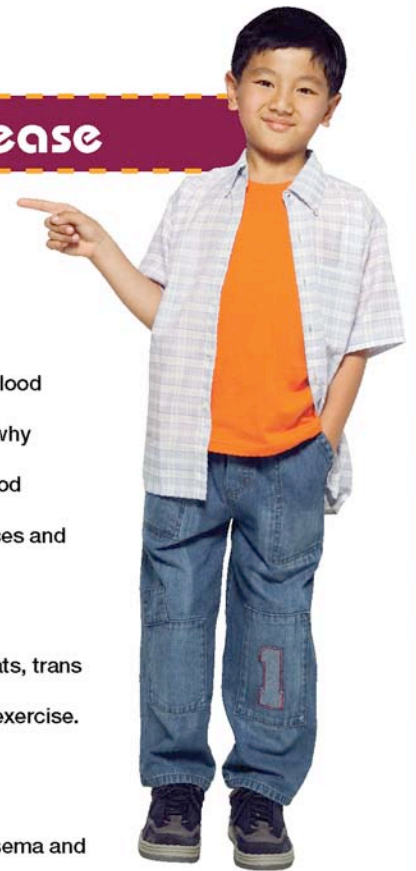
High cholesterol This condition is usually caused by eating foods high in saturated fats, trans fats and cholesterol. It can usually be treated by changing the foods you eat and getting more exercise. Other times, prescription medicine is required.

Smoking Cigarettes are extremely harmful to your body. They can cause cancer, emphysema and heart disease. The smoke from cigarettes pollutes your lungs and causes fatty buildups in your arteries, making it hard for blood to flow to all the organs.

Physical inactivity Lack of physical activity increases the risk for heart disease. It can also cause high cholesterol, high blood pressure, obesity and diabetes. Regular physical activity strengthens your heart and also helps you control your weight.

Overweight Being overweight increases the risk of heart disease and raises blood cholesterol and blood pressure, and it increases the risk of diabetes. Balancing calories taken in from food with calories used in activity is the best way to control your weight.

Diabetes Insulin is a hormone that helps the body use sugar. Diabetes is a disease that develops when the body can't efficiently process the sugar you eat, making your blood sugar levels too high. Sometimes diabetes can be managed with diet and physical activity. Other times, prescription medicine is required.



What About Cigarettes?

Even with your very first cigarette, your heart beats faster and your breathing is faster and shallower. Your blood pressure rises and you breathe in over 4,000 toxic substances.

Things Found in Cigarette Smoke:

Acetone — main ingredient in nail polish remover

Ammonia — used in household cleaners

Carbon Monoxide — exhaust from a car

Vinyl Chloride — same compound used in trash bags

Benzene — found in gasoline

Hydroquinone — used in paints and motor fuel

Acetaldehyde — used in glue

Cadmium — found in batteries



Smoking damages nearly every organ in the human body.

In the respiratory system, smoking damages your lungs and can lead to emphysema, bronchitis and pneumonia. Your heart and your circulation suffer too.

Smoking causes heart disease and increases the risk of heart attack and stroke. Smoking causes many different types of cancer and is the most preventable cause of death.



Say NO to smoking!

5 Ways To Say "No" To Tobacco



Learn and Live



Change the subject:

"Hey, let's play basketball."

I'm unique:

"No, it's just not my thing."

Here's my reason:

"I'm on the swim team and need all the air I can get."

Short and simple:

"No thanks!"

I have a choice:

"I choose not to use tobacco."

Presented nationally by:



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What is Cholesterol?

Cholesterol (kuh-les-tuh-rawl) is a type of fat found in your blood. Your liver makes cholesterol for your body. You also can get cholesterol by eating foods that contain fat:

meat, fish, eggs, butter, cheese and whole milk

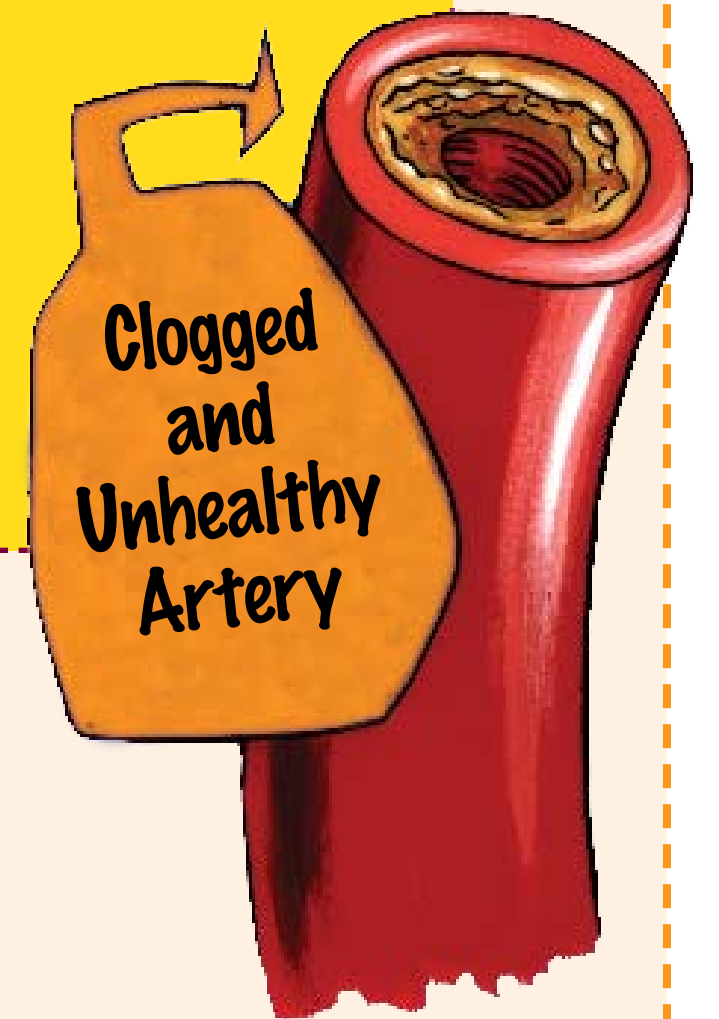
You need cholesterol to help your brain, skin and other organs grow and do their jobs in the body. But having too much of it can cause problems.

**Healthy
and
Clean Artery**



Think of the blood vessels in your body like pipes in your house. If you have too much cholesterol in your blood, it can collect in the blood vessel walls, causing these "pipes" to become narrower. This can clog the blood vessels and keep blood from moving freely throughout your body.

**Clogged
and
Unhealthy
Artery**

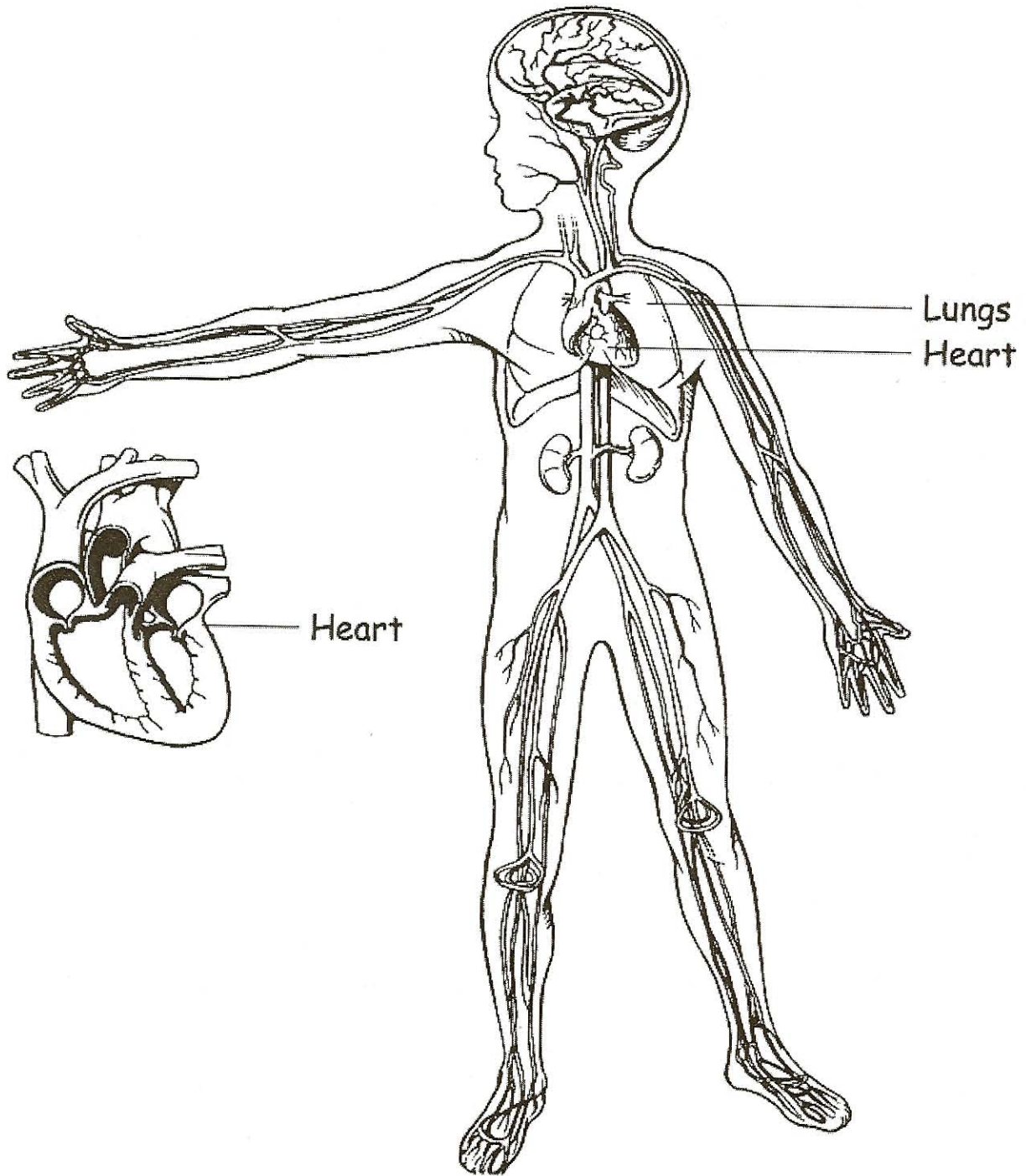


Over many years, if the clogging gets worse, it can cause a heart attack or stroke. Your doctor can find out what your cholesterol level is by taking a little of your blood and testing it.



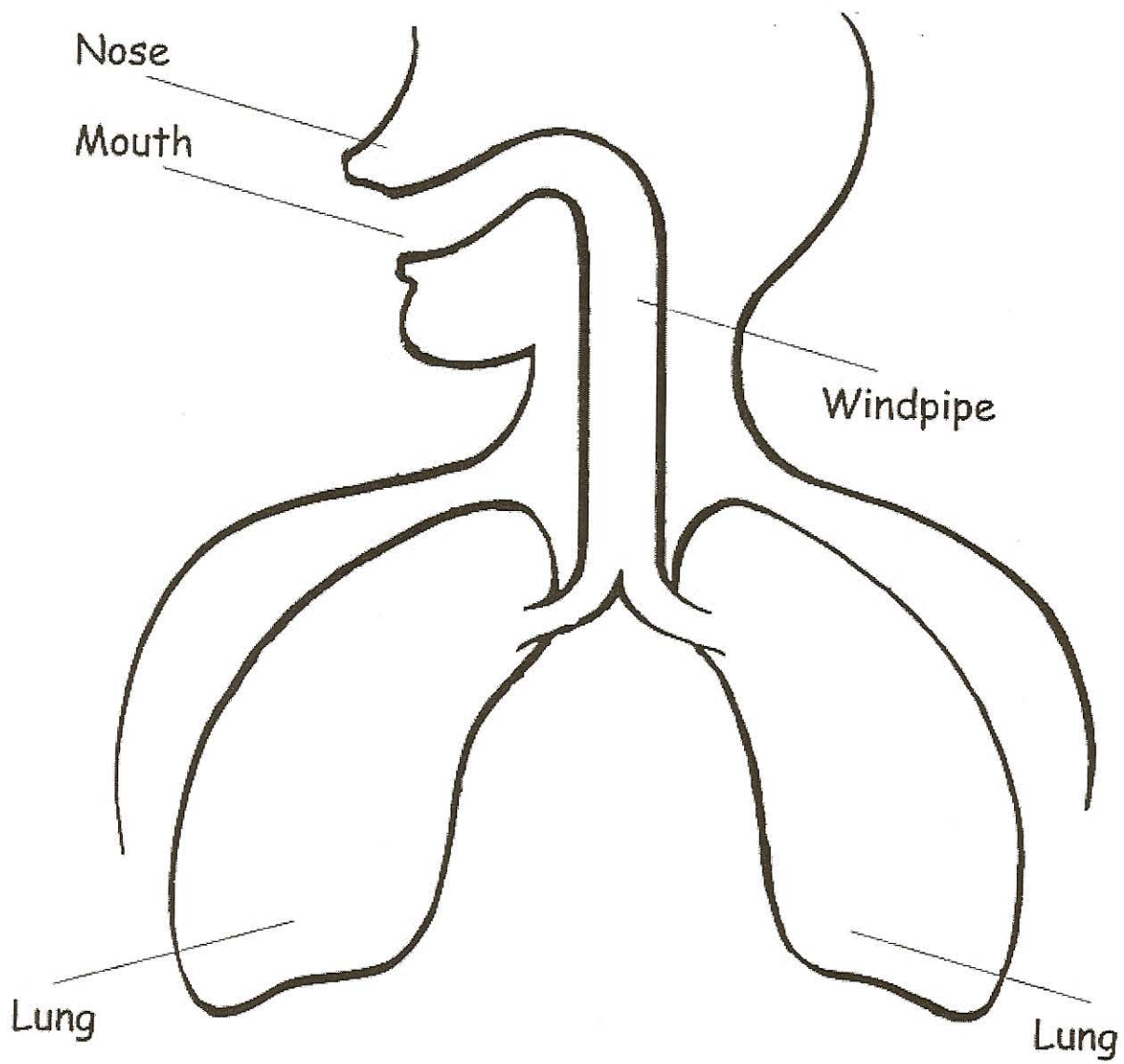
**Eat a good diet
for healthy arteries.**

My Circulatory System



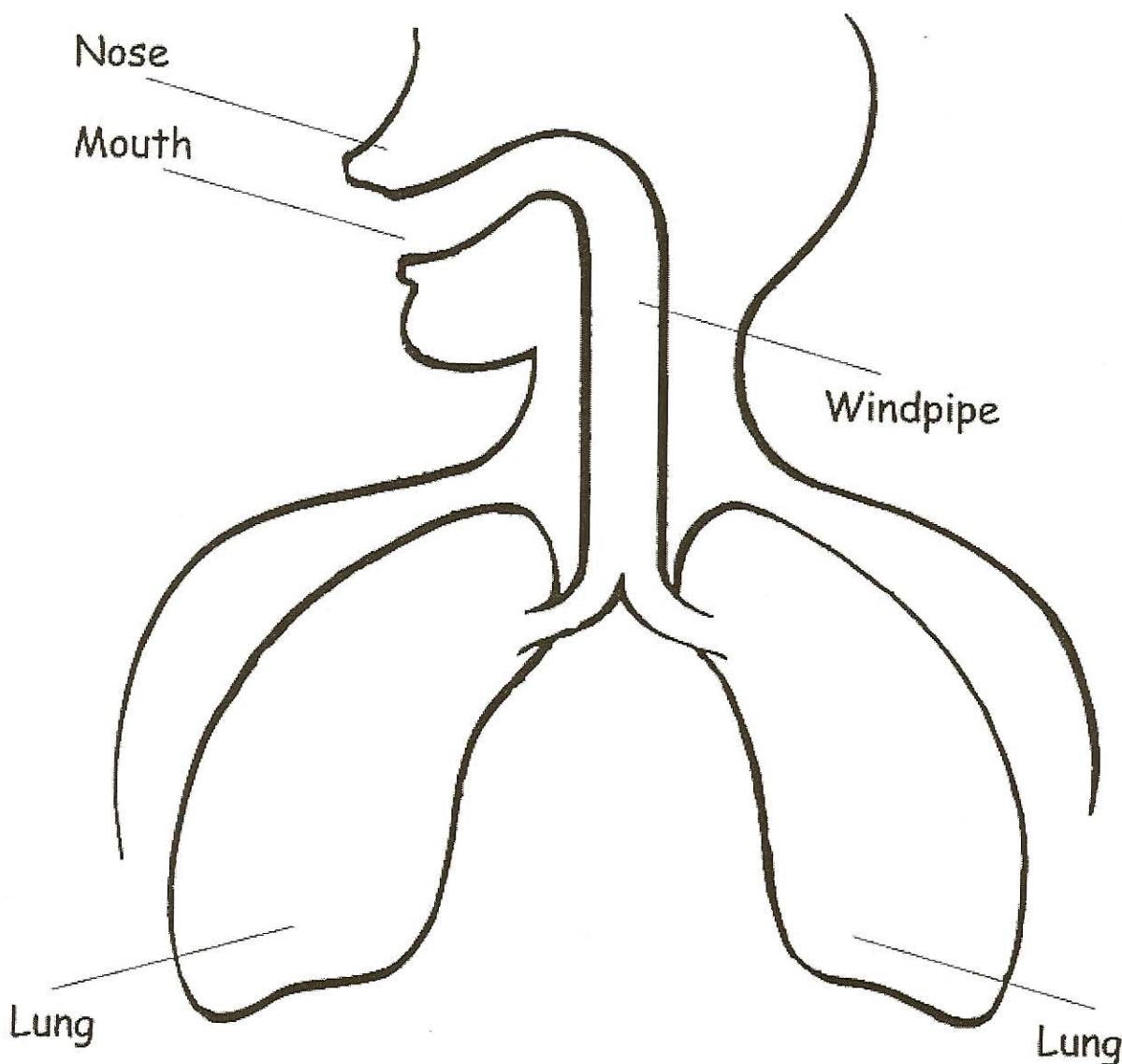
Graphic provided by American Heart Association

Healthy Lungs

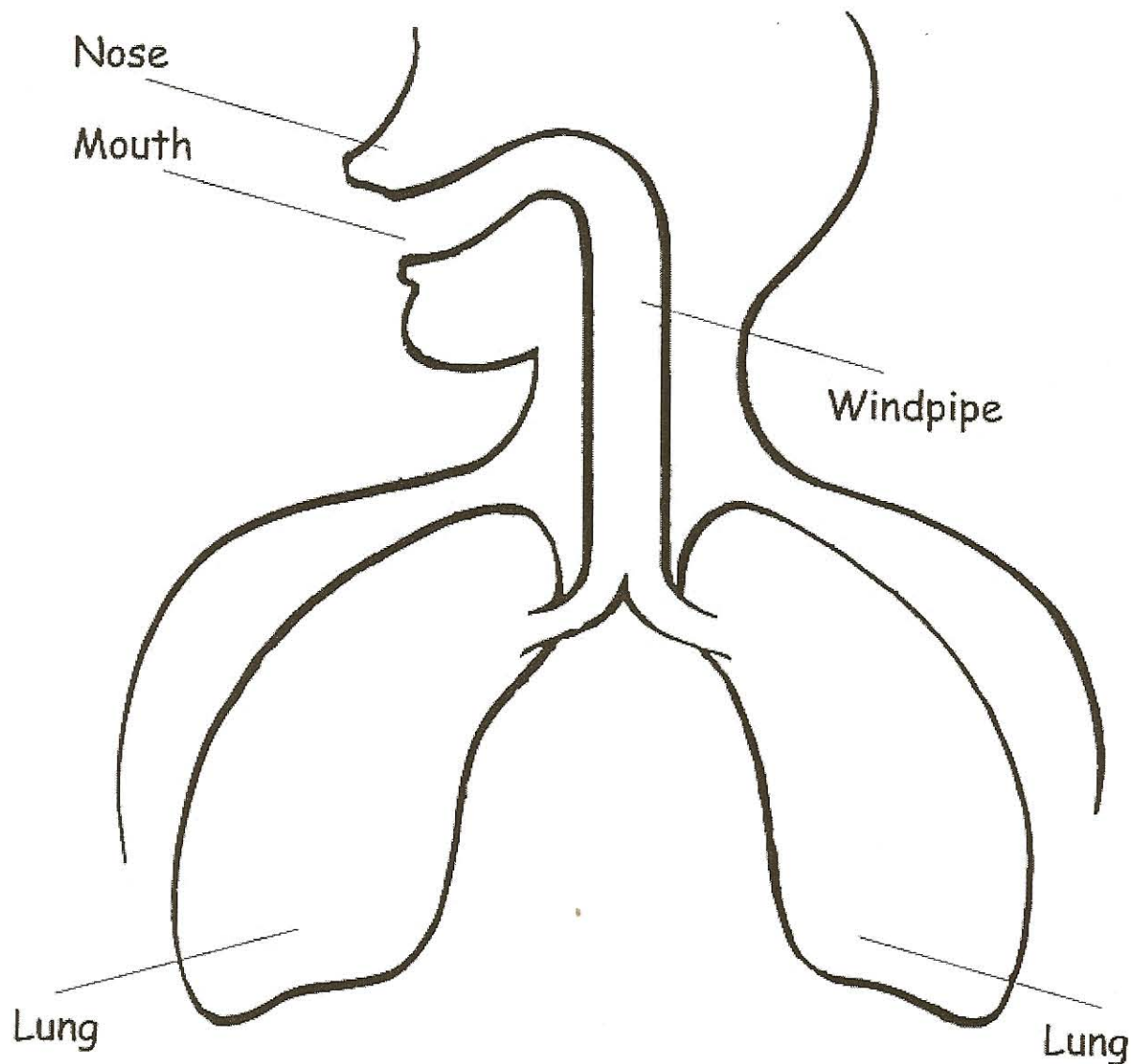


Color the healthy lungs pink.

My Respiratory System



Smoker's Lungs



Color the smoker's lungs brown.

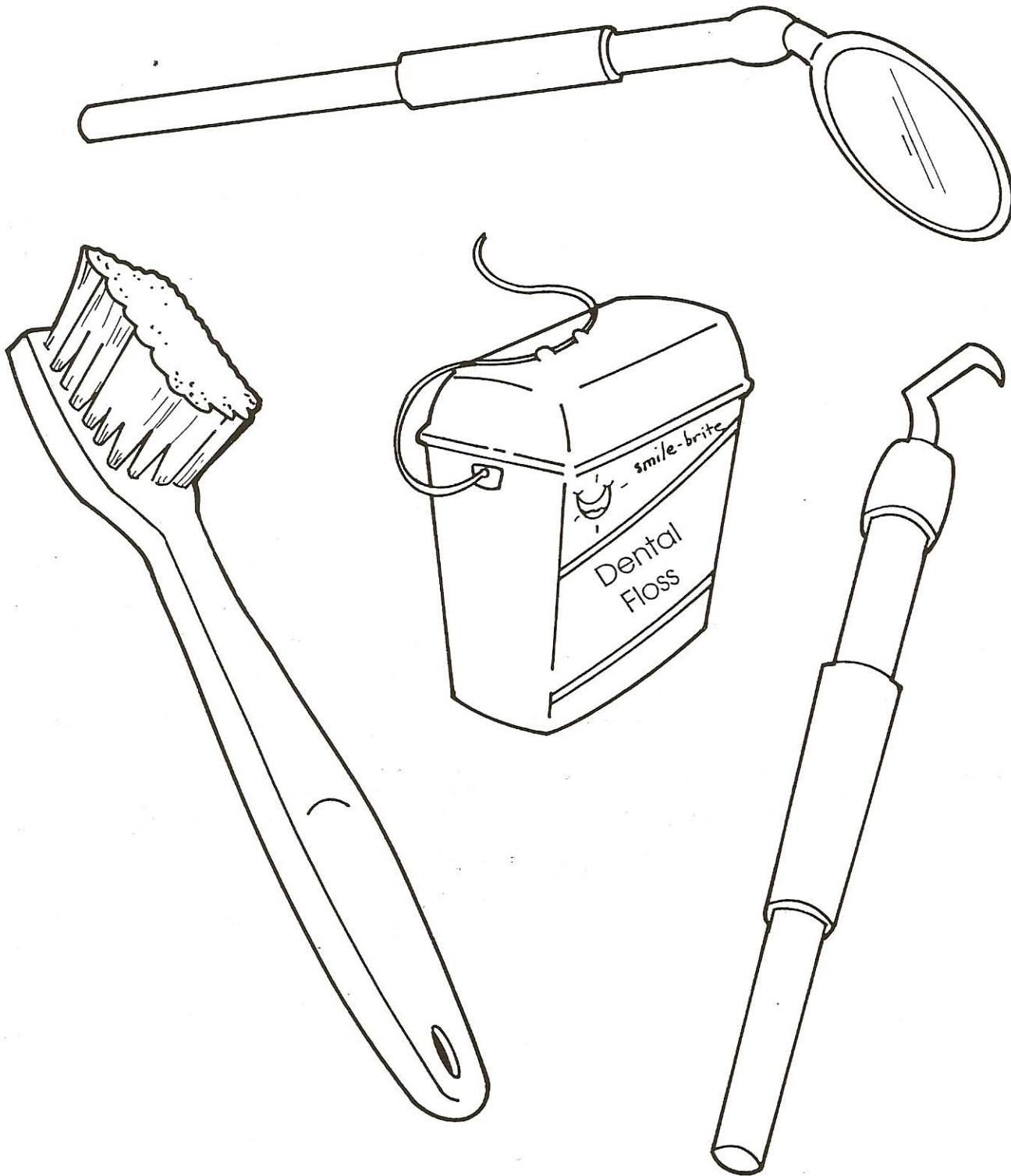
The Dental Office



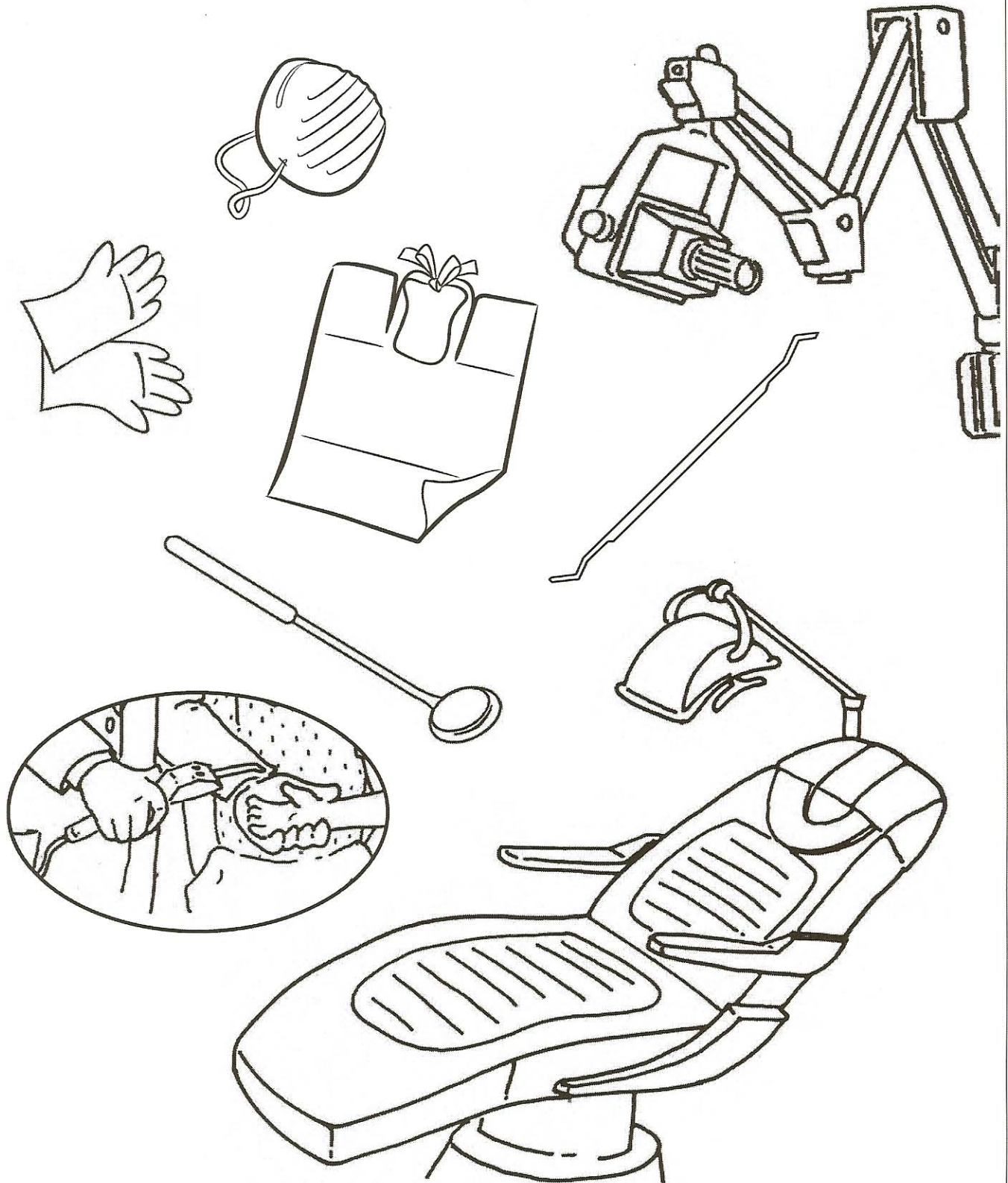
Name _____

Dentist

These are things a dentist uses.
Color.



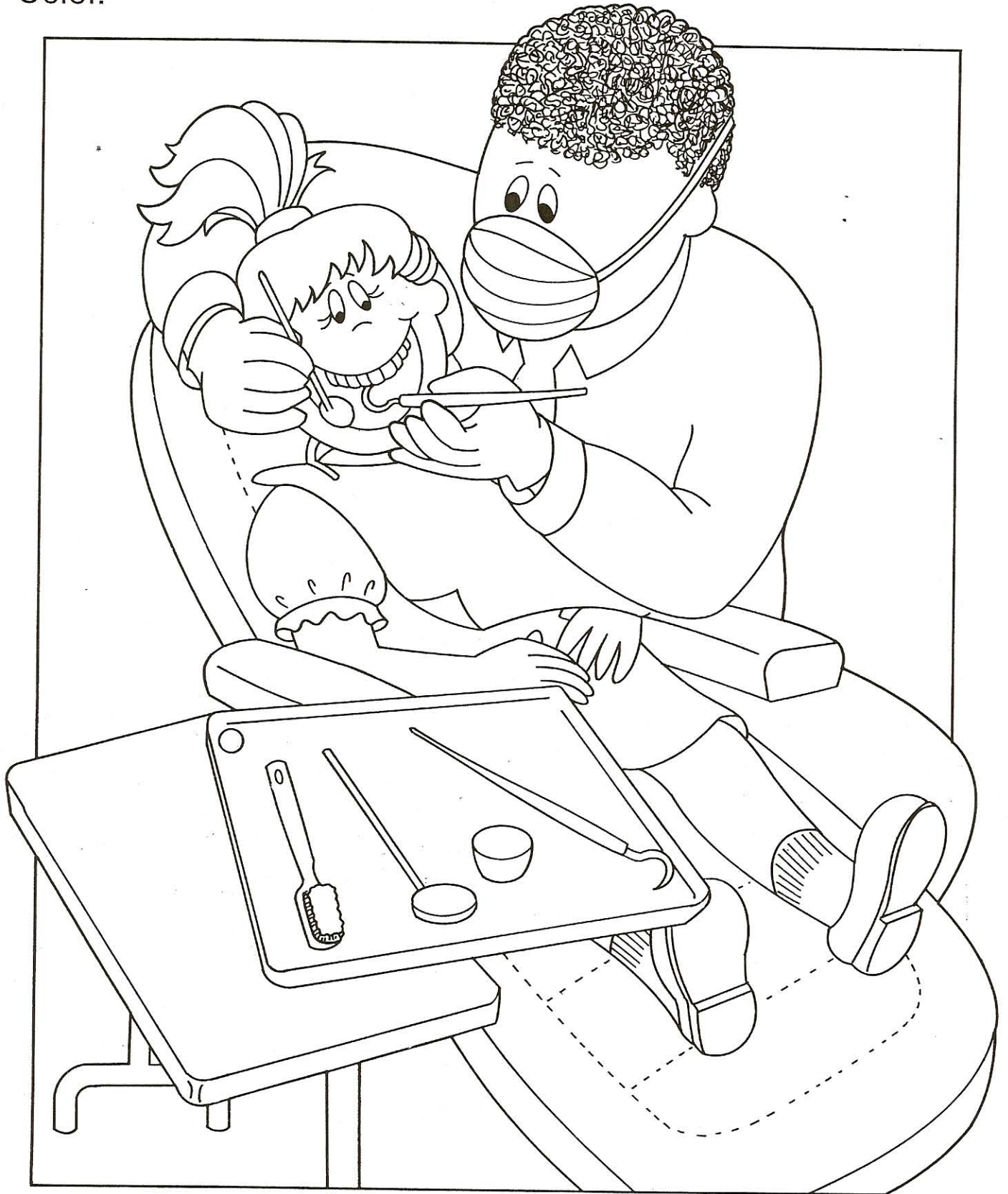
Visiting the Dentist



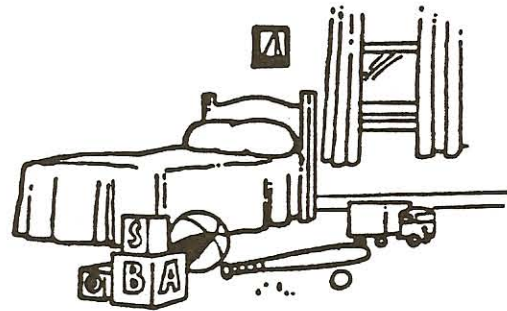
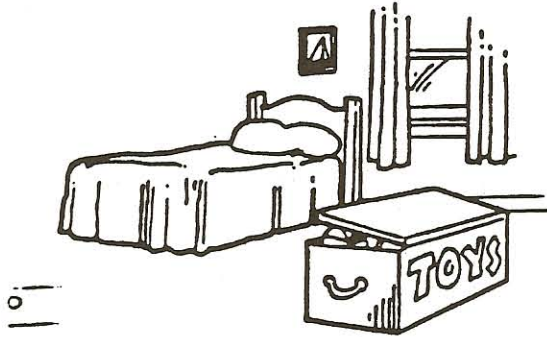
Name _____

Dentist

Color.



Safety Dos and Don'ts





The Fall for Smiles Quiz

Provided by Oral Health America and
Oral Healthcare Can't Wait®



1. True or false: tooth decay is caused by germs that can be passed from one person to another.
2. Name two health conditions that are associated with poor oral health.
3. True or false: a dental sealant is a plastic coating that is often applied to children's teeth to help prevent tooth decay.
4. What is the most common chronic childhood disease?
A) Hay Fever
B) Asthma
C) Tooth Decay
5. What is the most common type of facial injury sustained during participation in sports?

What is Fall for Smiles?

Fall for Smiles is a public messaging campaign conducted by Oral Health America in collaboration with Oral Healthcare Can't Wait®, an initiative of the Dental Trade Alliance. The *Fall for Smiles* campaign is intended to bring the oral health community together to promote common messaging about what Americans can do to keep their mouths healthy.

The *Fall for Smiles* campaign focuses on four specific messages:

- Brushing and flossing teeth as part of a healthy daily routine
- Maintaining regular visits to the dentist
- Choosing healthy foods for a nutritious diet and healthy mouth
- Avoiding all tobacco products

To learn more, visit www.oralhealthamerica.org

Quiz Answers:	1. True
2. Possible answers:	a. Heart disease b. Stroke c. Diabetes d. Pneumonia e. Memory loss
3. True	
4. C	
5. Dental injuries, and the majority of these dental injuries are preventable through the use of a mouth guard!	



FALL FOR SMILES FACTS

Remember to brush your teeth twice a day for two minutes, and floss at least once too

Visit your dentist for a checkup every 6 months

Make healthy food choices and pick snacks that are nutritious

Always avoid tobacco products