

Under the High Patronage
of HSH Prince Albert II of Monaco

Under the Honorary Presidency
of HSH Princess Stephanie of Monaco

**FEMMES LEADERS
MONDIALES MONACO**

Cardiovascular disease prevention booklet

Sauvez le  des femmes







This is a new edition of the prevention booklet, produced by the Association Femmes Leaders Mondiales Monaco which has already gained great success in raising awareness of the dangers of cardiovascular disease in women. We must not forget that this is the cause of death in one out of two women in Europe.

This booklet provides valuable lifestyle advice and health indicators for women to consider in the prevention of heart disease. In fact, women suffer from terrible inequality in this field where screening traditionally favours men.

Femmes Leaders Mondiales Monaco is leading these actions which firmly I support because, as Victoire Finaz so nicely put it : "A woman's heart that beats is a life that resounds, it is the love that shines".

H.S.H. Stephanie of Monaco



Letter from the President



*"A united team is
a winning team!"*

I want to thank H.S.H. Princess Stephanie, Honor President of our Association, for her support to our cause.

On the occasion of the latest issue of this prevention booklet, I wish to recall Ms. Isabelle Weill of the Ajila Foundation in France, who initiated the movement to **“save women’s hearts”**.

In the Principality of Monaco, as President of Femmes Leaders Mondiales Monaco, I have involved our Association in this necessary health undertaking to prevent cardiovascular disease in women.

Our charter highlights the promotion of equal rights for men and women, which does not exist in the field of cardiovascular diseases, where prevention and treatment favour men.

Therefore, this booklet, which will be once again widely distributed in Monaco, at the Princess Grace Hospital Centre, the Monaco Cardio-Thoracic Centre, to city doctors, in the neighbouring towns of Cap d’Ail, Beausoleil, Roquebrune, La Turbie, and Menton and also in many other countries around the world. This will allow women access to information and advice so they will no longer be ignorant victims of these serious diseases.

This booklet is in a way the musical score of a beating heart, which is why I will end with the words of the famous conductor Jean-Claude Casadesus, “We know how much women have heart! And this is precisely why it is necessary to protect its beats at all costs!”.

Chantal Ravera
President



*Cardiovascular diseases (CVD)
in women kill more
than all cancers combined!*

1 in 2 women
dies prematurely
in Europe from
underdiagnosis

The findings

Women will typically see:

- their gynaecologist for screenings for breast and cervical cancer,
- their dermatologist for melanoma screenings

And why do they not see a cardiologist?

Because it is not systematic!

In 15 years, the number of hospitalisations for a heart attack in women under 50 has tripled.

Concerning these inequalities, **SAVE WOMEN'S HEARTS**, is committed to the fight of raising, informing and warning women about this public health issue.

The causes... are specific causes for women

1

Because women have long been neglected in cardiovascular disease studies.

2

Because women have symptoms that are unique to them and differ from those of men. They undergo less screening and are treated later.

3

Because women have adopted the same risky behaviour as men, they have increased their risk factors, and become victims of them at a younger and younger age.

**Top cause
of mortality
worldwide
in women**



Cardiovascular diseases

The most common vascular diseases:

1 MI – Myocardial infarction

Myocardial infarction is death of an area of the myocardium that occurs when one or more coronary arteries become blocked. As a result, part of the heart is no longer supplied with blood and oxygen and then dies.

2 Cerebrovascular accident – Stroke

Contrary to some popular belief, a cerebrovascular accident (CVA) or stroke is a cardiovascular disease caused by the sudden blockage of blood circulation to one or more parts of the brain. Speed of care is essential: this neurological accident is the leading cause of motor disability in adults in France.

3 Angina pectoris – Chest pain

Angina pectoris can be described as a violent vice-like pain compressing the chest, but it can also take on other manifestations. It is caused by a partial obstruction of the coronary arteries. Blood supply is insufficient and the heart lacks oxygen to function normally.

4 Heart failure

We speak of heart failure when the heart is no longer able to perform its pumping work properly.

5 Cardiac arrhythmia

Cardiac arrhythmia is a heart rhythm disorder. There are several types of varying severity.

6 Broken-heart syndrome

Women's hearts are more prone to complications such as Takotsubo, "octopus trap syndrome" in Japanese. It is a heart disease due to intense emotional shock (loss of a loved one, diagnosis with an illness, burn-out, etc.).



Your risk factors

Because of her hormones, women are in danger all their life



Tobacco



High blood pressure



Sedentary lifestyle



Cholesterol



The pill



Alcohol



Stress



Kidney
diseases



Diabetes



Being
overweight



Family history

Addition of factors: low to very high risk

*The more combined risk factors,
the greater the likelihood
of developing cardiovascular disease*

If you have:

No factors	You are at a low risk
2 factors	You are at a moderate risk
3-4 factors	You are at a medium risk
5-7 factors	You are at a high risk
8 factors	You are at a very high risk

How to decrease your cardiovascular risk

1 INFORM YOURSELF

2 BE ON THE ALERT

3 GET SCREENED

4 GET TREATED





Your health indicators

Indicators can help you and your doctor monitor and assess your cardiovascular risk. Knowing your own numbers and getting involved in monitoring them is essential to avoid missing important signals.



Your cholesterol levels

Ideal levels in women, like in men, are **1.80 to 2 g/L**. This should be checked every five years if no history. High cholesterol is considered acceptable between **2 and 2.50 g/L** and too high above **2.50 g/L**.



Your blood sugar

An average sugar level is between **0.7 g/L and 1.1 g/L** in the morning on an empty stomach. If the rate is between **1.10 g/L and 1.26 g/L**, there is a risk of the onset of diabetes or pre-diabetes. Please note that your levels may vary depending on the day. Blood sugar **> 1.26 g/L** taken several times a day or **> 2 g/L** is considered diabetic.



Your blood pressure

Blood pressure is measured by a doctor at least once a year.

The maximum threshold is **120/80 mm**.

Hypertension is when blood pressure is greater than **140/90 mm** at a consultation and **135/85 mm** with self-measurement.



Your BMI

Being overweight and obese are defined based on body mass index (or BMI).

$$BMI = \text{weight in kg} / \text{height squared (in m)}$$

You are:

over 40	morbid or massive obesity
35 to 40	severe obesity
30 to 35	moderate obesity
25 to 30	overweight
18.5 to 25	normal build
16.5 to 18.5	thin
- from 16.5	underweight



Your waistline

If the waist circumference is > 88 cm in women, we speak of abdominal obesity (measurable with a tape measure).





Your Nutrition

Some advice:

Do not salt your food

Avoid second portions

1 meal = 25 min

- 1 Consume 5 servings of fruits & vegetables per day.
- 2 Eat pulses or legumes ideally twice a week (lentils, chickpeas, etc.).
- 3 Alternate oils: olive or sunflower for cooking and oils rich in omega 3 (walnuts, hazelnuts, flax, rapeseed) for seasoning.
- 4 Beware of foods rich in saturated fatty acids: dry fat and salty cheeses, cold cuts, cream, and butter.
- 5 Do not ban starchy foods (whole grains and legumes), since they good for satiety and reduce the risk of snacking.
- 6 Sodas, syrups, sweets, biscuits/pastries, and sweet dairy products = on an exceptional basis.
- 7 Limit alcohol consumption to very occasional consumption.
- 8 Do not skip meals: this is the best way not to snack: 3 meals/day + 1 small snack if needed.

*Do not ban anything!
It's all about quantity and frequency*



Your physical activity

Physical activity and its benefits for the heart

- Improve the oxygenation of the heart
- Lower weight
- Regulate blood pressure
- Fight against sedentary lifestyle
- Reduce the risk of heart rhythm disorder
- Practice relaxation techniques

Four types of exercises are recommended for cardiac prevention



1

Endurance exercise:

Aerobic, walking, jogging, swimming and cycling



2

Strength and resistance exercises:

Muscle strengthening with small dumbbells, rubber bands, core work



3

Stretching exercises:

The best time to stretch is when the muscles are already warm after walking for example



4

Balance exercises:

How long can you stand on one leg?
Try to hold 10 seconds on each side



5

Prescription of sports for treatment



Life-saving actions

1 Cardiac massage

Where to press for cardiac massage?

- 1 Place your hands like this in the middle of the chest.
- 2 The pressure of the hands must be in the middle of the chest, in the lower zone of the sternum and well in the middle (not on the ribs).
- 3 Press to compress the sternum:
it should sink in about 5 cm.
- 4 Press with the heel of the hand.

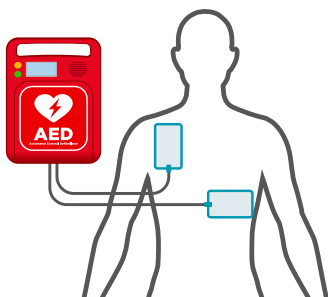
Note: it is no longer necessary to perform mouth-to-mouth breathing.



Everyone should practice life skills training

2 Using a defibrillator

- First, call the emergency paramedics (112)
- Make sure you are in a safe place
- Check that the person is breathing
- Go get the defibrillator
- Follow the voice instructions
- Place the electrodes
- The defibrillator then warns you that it is going to start analysing the heart rhythm.
- Do not touch the victim during execution
- Whether necessary or not, the device rescans every 2 minutes



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