

AFRICAN PEOPLE'S
EDUCATION AND
DEFENSE FUND,
INC.

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Our Mission

* Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

* Defend the human and civil rights of African people.

Healthy Connections

APRIL 2009

African Americans and Cardiovascular Disease

Cardiovascular disease, which blocks the blood vessels to cause heart attacks, kidney problems and strokes, kills more Americans than any other disease. African-Americans are at greater risk for CVD than any other population group, according to the American Heart Association.

In 1993, black men were almost 1 1/2 times as likely as white men to die from CVD; black females were 69.1 percent more likely than white women to die from CVD. In San Mateo County, 171.4 of 100,000 African-Americans die from heart disease compared to 107.8 per 100,000 population of whites.

High blood pressure, which means blood doesn't flow easily through blood vessels, strains the heart and damages blood vessels.

High blood pressure

- Is a risk factor for heart attack and the greatest single cause of stroke.
- Affects 28 percent of African-American adults and more than two-thirds of African Americans over age 60.
- Is the number one preventable cause of more than 65,000 deaths annually among African-Americans

WARNING SIGNS

For a Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes
- Pain spreading to the shoulders, neck or arms
- Chest discomfort with lightheadedness, fainting, sweating, , nausea or shortness of breath

For a Stroke

- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Sudden dimness or loss of vision, particularly in one eye
- Sudden, unexplained severe headaches
- Unexplained dizziness, unsteadiness or sudden falls, especially along with other symptoms

CHOLESTEROL AND HEART DISEASE

High blood cholesterol is a risk factor for heart disease. Half of black men and 54 percent of black women have too much cholesterol, a soft, fat-like material in the blood.

Cholesterol is made naturally by the body, but also comes from eating animal

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Even Moderate Amounts of Exercise Can Prevent Weight Gain

Moderate amounts of exercise, such as walking 30 minutes everyday or 12 miles per week, may help prevent weight gain and can promote weight loss in non-dieting individuals.

Researchers investigated the effects of different amounts and intensities of exercise on weight. The results of a 2004 study found that there was a clear relationship between the amount of physical activity and amount of weight loss, with the most weight loss seen in the high amount/vigorous intensity group, and the least in the low amount/moderate intensity group.

"These findings strongly suggest that, absent changes in diet, a higher amount of activity is necessary for weight maintenance and that positive caloric imbalance observed in the overweight control group was small and can be reversed by a modest amount of exercise. Most individuals can accomplish this by walking 30 minutes every day," the authors wrote.

Source: FDA Consumer; 38 (2); March-April 2004; p.5.

Cardiovascular Disease

(Continued from Page 1)

products including meats, eggs and dairy. Fruit, vegetables and cereals don't have cholesterol.

TO CONTROL RISK OF CARDIOVASCULAR DISEASE

- Lose weight
- Become physically active
- Moderate alcohol intake
- Reduce salt intake
- Eat fewer foods which contain cholesterol, such as meats, eggs and dairy
- Stop smoking and avoid second-hand smoke

From: African American Community Health Advisory Committee
<http://www.aachac.org>



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