

SFS Americas Learning Academy

Heart Health

Balancing Life and Health



Housekeeping Items



The recording and presentation will be available on the Learning Academy HUB and the iPortal.



Engage! Please use the icons, unmute your mic, the chat to ask a question or comment.



You will receive digital learning credits for this session. They will be uploaded into the Global Learning Portal (GLP 2.0).

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SIEMENS

Our Guest Speaker

Lori A. Colineri, DNP, RN, NEA-BC



Dr. Lori Colineri has served in multiple roles as a Chief Nursing Officer throughout the state of New Jersey. Currently she is the Vice President and Chief Nursing Officer for Hackensack Meridian Health JFK University Medical Center in Edison, NJ, where she is responsible for the delivery of patient care and developing and implementing nursing strategy and policies. Her nursing career has spanned more than three decades where she has proven to be a trailblazer for nursing excellence.

Lori is known for her extensive clinical, operational, and leadership experience in academic and community hospital settings, including Lean Sigma Certification. She has proven expertise in executive leadership, nursing and medical staff relations, strategic planning, business development, and performance improvement, utilizing a multidisciplinary team approach anchored in trust, integrity, and mutual respect. She provides value to an organization by translating evidence-based strategies into clinical solutions that increase efficiency, effectiveness, satisfaction and performance.

Know Your Numbers!

Know Your Body!

Lori Colineri DNP, RN, NEA-BC

Chief Nursing Officer

Hackensack Meridian Health, JFK University Medical Center

Life's Essential 8

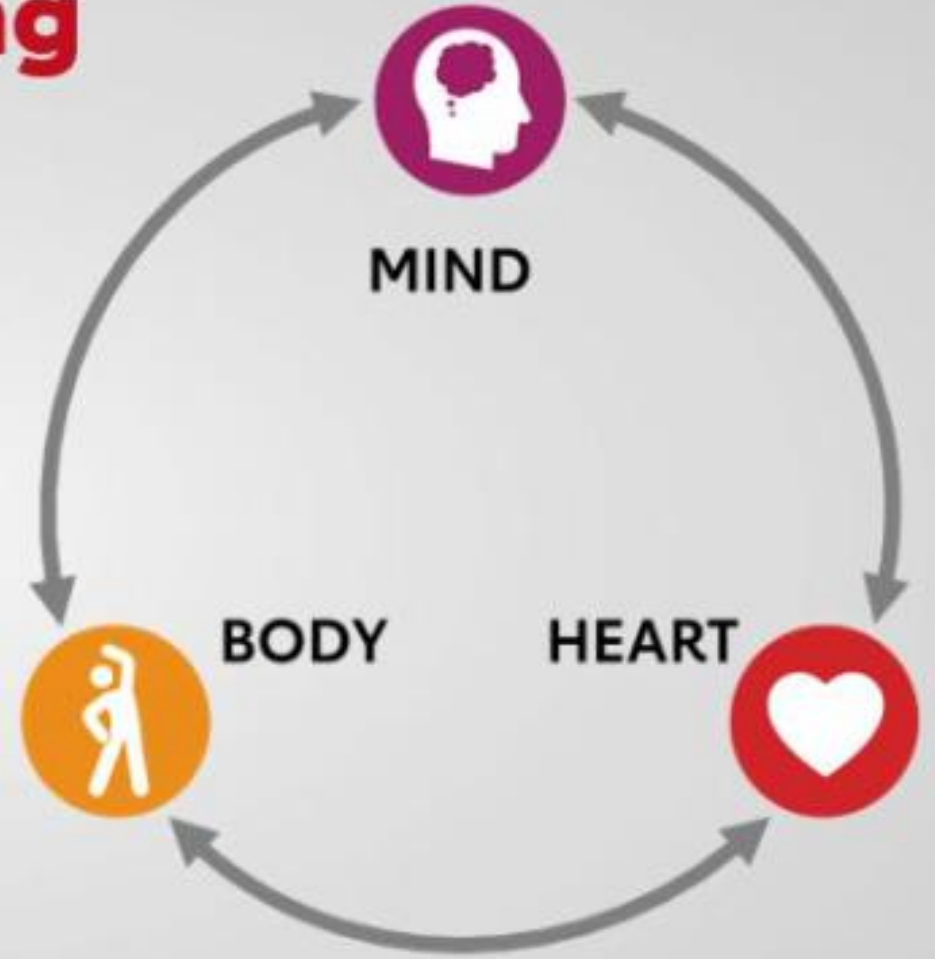
Identifies the 8 most important factors for cardiovascular health — 4 health behaviors and 4 health factors

Simplifies cardiovascular health so people can better understand and manage it



Improving Life's Essential 8 can improve overall well-being

- The mind, heart and body are connected
- Factors that affect one can affect the other two — the impact can be positive OR negative
- Improving Life's Essential 8 isn't just good for your heart, it's also good for your overall health and well-being



RISK FACTORS THAT CAN BE MANAGED

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

RISK FACTORS THAT CAN'T BE CONTROLLED

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack

The Mind-Heart-Body Connection

Research suggests that women are more likely than men to experience symptoms of stress. They may also feel the symptoms more or get more symptoms in general than men.

Women are more likely than men to be diagnosed with more common mental illnesses like anxiety and depression.

Women are 38% more likely to have a cardiovascular event when experiencing high work stress. In fact, work stress is about as risky as secondhand smoke.



The mind, heart, and body are interconnected and interdependent. Factors, conditions, and disease states (both physical and psychological) that affect one of these three components of a person can affect the other two components.

Four key health factors

Blood Pressure

Less than 120/80 mm Hg



LIPIDS



Blood Lipids

Less than 130 mg/dL of
non-HDL cholesterol



Healthy Weight

A body mass index of
less than 25 kg/m²



Blood Sugar

No history of diabetes and
fasting blood glucose of less
than 100 mg/dL (or
hemoglobin HbA1c < 5.7%)



Four key health behaviors

Adequate Sleep

Getting 7-9 hours of
sleep per night



Healthy Diet

Adhering to a DASH or
Mediterranean diet



Physical Activity

150 minutes or more of
moderate-intensity aerobic
activity OR 75 minutes of
vigorous-aerobic activity
per week



Not Smoking or Vaping



KNOW BLOOD PRESSURE BASICS

Choose a Healthier You

Blood pressure is typically recorded as two numbers (systolic on top and diastolic on bottom), written as a ratio like this: 117/76 mm Hg. Read as "117 over 76" millimeters of mercury.

- **Normal:** systolic less than 120 mm Hg and diastolic less than 80 mm Hg.
- **Elevated Blood Pressure:** systolic 120 to 129 mm Hg and diastolic less than 80 mm Hg.
- **High Blood Pressure (Hypertension) Stage 1:** systolic 130 to 139 mm Hg or diastolic 80 to 89 mm Hg.
- **High Blood Pressure (Hypertension) Stage 2:** systolic 140 or higher mm Hg or diastolic 90 or higher mm Hg.
- **Hypertensive Crisis (Call your doctor immediately):** systolic higher than 180 mm Hg and/or diastolic higher than 120 mm Hg.



The Good and the Bad of Cholesterol

HDL = GOOD: High-density lipoprotein is known as “good” cholesterol.

LDL = BAD: Low-density lipoprotein is known as “bad” cholesterol.

HDL: Helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

Triglycerides: The most common type of fat in the body.

Total Cholesterol: HDL level + LDL level + 1/5th of triglyceride level = total cholesterol level.



Getting to know Blood Glucose

- Glucose: The carbohydrates and sugars in what you eat and drink turn into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.
- Insulin: Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.
- Type 2 diabetes occurs when glucose builds up in the blood instead of going into cells because:
 - The body develops "insulin resistance" and can't use the insulin it makes efficiently.
 - The pancreas gradually loses its ability to produce insulin.

The result can be a high blood glucose level.





STAY WELL WITH WEIGHT

Balance is Beautiful

Reduce calories coming in: Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.

Increase calories going out: An activity tracker or smart watch can help you track how much physical activity you get.



A close-up photograph of a computer keyboard. The central focus is a blue key with the word "Questions" written in white, sans-serif font. The key is slightly raised and has a thin black border. Surrounding it are several other keys: to the left is a white key with a question mark and a forward slash; above it is a white key with double quotes and an apostrophe; to the right is a white key with a left-pointing arrow; below it is a white key with an up-pointing arrow; and to the bottom right is a white key with a right-pointing arrow. The keyboard's frame is a light gray, and the background shows a wooden surface in the top right corner.

Questions

Thank you for joining!

Stay tuned for the next wellness session
March 20

Eat This Not That!