



HEART HEALTH

Your *čhaŋté/gide'*/heart is a vital drum within your community

The rhythm of your heart is guided by the tempo of your ancestors and is in rhythm with your loved ones and future community members.

Cardiovascular disease (CVD), also referred to as heart disease, is the term used to describe different heart conditions.

Heart disease is one of the leading causes of death among Native people. Compared to other racial groups, the CVD death rate is highest for Indigenous people.

Common conditions of CVD include:

Heart attack: chest, neck, or back pain, indigestion, heartburn, extreme fatigue, vomiting or nausea, upper body discomfort, or dizziness

Arrhythmia: your heart beats too quickly, slowly, or in an irregular pattern

Heart failure*: shortness of breath, fatigue, swelling in the ankles, feet, legs, abdomen, or neck veins

* There are additional heart conditions included within the CVD category.



Symptoms can include but are not limited to:

- Chest pain, tightness or pressure
- Pain in the jaw, throat, neck, upper abdomen, or back
- Shortness of breath
- Nausea
- Anxiety

Risk factors include:

- Physical Inactivity
- Lack of rest or problems sleeping
- Stress
- Weight
- Commercial tobacco usage
- Nutrition/diet
- Alcohol

Certain health conditions or other factors may also increase your risk for developing CVD, including:

- Diabetes
- High blood pressure
- High cholesterol
- Obesity
- Age
- Family history

Native people have the highest rates of diabetes, high blood pressure, cholesterol levels, and obesity in MN, in part because of barriers to resources that support health.

čhaŋté - Lakota word for heart
gide' - Ojibwe word for your heart





HEART HEALTH

The energy of our ancestral lifeways sustains the rhythm of our ǎhaṅté/gide'/hearts!

Traditional Indigenous activities that may support your heart health include:

- Daily physical activity and rest
- Honoring the sacredness of tobacco and using it in a traditional or ceremonial way; limiting/eliminating commercial tobacco usage
- Eating a natural diet and foods that are traditional to your ancestral community; processed foods, alcohol, and other modified foods may impact your risk

Cancer & Heart Disease
Cancer survivors are often at a higher risk for heart disease for a variety of reasons, including damage to the heart and cardiovascular systems from cancer treatment. Following Indigenous lifeways and addressing these risk factors can potentially alleviate your risk for both.

Take Charge of Your Health
Talk to your health care team about options to support your heart health.



Free Services

The SagePlus Program offers free services for women, ages 35-64 in MN, who meet the insurance and income eligibility guidelines.

Call 1-888-643-2584 to see if you are eligible.

Services include:

- Heart and stroke risk factor screening
- Patient education on risk factor results
- Follow-up tests for patients with abnormal screening results
- Ongoing support for healthy behavior lifestyle changes
- Referrals to social services and benefits that support health

