

Survey: As early heart attacks increase, many young people may not consider their risks

Experts say simple preventive steps can be lifesaving, but many wait until it's too late

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The Ohio State University Wexner Medical Center

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NEWS PACKAGE

SUGGESTED TEASE	IF YOU'RE UNDER AGE 40, LISTEN UP – MORE PEOPLE ARE HAVING HEART ATTACKS AS YOUNG ADULTS. COMING UP, WE'LL SHARE RESULTS FROM A NEW SURVEY – AND WHAT YOU NEED TO KNOW ABOUT HEART RISKS AT A YOUNGER AGE.
ANCHOR LEAD	MOST YOUNG ADULTS MAY NOT CONSIDER THAT BAD HABITS LIKE EATING TOO MUCH JUNK FOOD, SKIPPING THE GYM AND RUNNING ON NO SLEEP, WILL CATCH UP WITH THEM, BUT IT'S HAPPENING MUCH SOONER THAN THEY THINK. HEART ATTACKS AND STROKES ARE ON THE RISE AMONG PEOPLE UNDER FORTY ^{1,2} . BARB CONSIGLIO HAS THE DETAILS ON A NEW SURVEY THAT SHOWS THE NEED FOR YOUNG AMERICANS TO MAKE SMALL CHANGES NOW THAT WILL HAVE A BIG IMPACT ON THEIR HEART HEALTH.
(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center	(Nats - Sound) :02
Shots of Dave with girlfriend	DAVE CONWAY WAS JUST THIRTY WHEN HE HAD A FEW DAYS OF WORSENING FATIGUE AND SHORTNESS OF BREATH. :04
CG: Dave Conway Heart patient	<i>"A lot of people who I asked was like, 'Well, this is 30. You're not going to be able to recover like you used to.'"</i> :04
Shots of ambulance	WHEN HE FINALLY LANDED IN THE E-R, HE LEARNED HE HAD A MAJOR HEART ATTACK. :03
Dave Conway (CG'd earlier)	<i>"I thought a heart attack only happened if you're over 60 years old and you were over 300 pounds and you drank and smoked."</i> :07

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<p>Shots of Dr. Mehta in exam</p> <p>Graphic: National Heart Health Survey: 47% of those under 45 do not believe they are at risk for heart disease at their age</p> <p>CG: Dr. Laxmi Mehta Ohio State Wexner Medical Center</p> <p>Graphic: National Heart Health Survey: 1/3 aren't confident they would know if they were having a heart attack Shots of Dave typing on phone</p> <p>Dr. Mehta (CG'd earlier)</p> <p>Shots of Dr. Mehta checking patient's heart rate Shots of Dave having blood pressure checked, eating healthy and exercising</p> <p>Shots of Dave and girlfriend eating salad</p> <p>Dave Conway (CG'd earlier)</p> <p>Shots of Dave with girlfriend (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>CARDIOLOGIST DOCTOR LAXMI MEHTA SAYS EARLY HEART DISEASE IS AN ALARMING TREND AMONG YOUNG AMERICANS, BUT A NEW NATIONAL SURVEY BY THE OHIO STATE WEXNER MEDICAL CENTER FINDS IT'S NOT TOP OF MIND, WITH NEARLY HALF OF THOSE UNDER FORTY-FIVE RESPONDING THAT THEY DON'T BELIEVE THEY'RE AT RISK FOR HEART DISEASE. :15</p> <p><i>"Most young people think that they're invincible and they often think that it's an old person's disease, but it's not." :07</i></p> <p>THE SURVEY ALSO FOUND A THIRD OF AMERICANS AREN'T CONFIDENT THAT THEY WOULD KNOW IF THEY WERE HAVING A HEART ATTACK. IT WASN'T ON DAVE'S RADAR, WHO SELF-DIAGNOSED PNEUMONIA AFTER SEARCHING HIS SYMPTOMS ONLINE. :10</p> <p><i>"If something suddenly seems new and it doesn't make sense to you, seek medical attention. Don't Google it to figure it out. Don't ask somebody else." :10</i></p> <p>TO KEEP TABS ON YOUR HEART HEALTH, EXPERTS RECOMMEND FOLLOWING THE AMERICAN HEART ASSOCIATION'S LIFE'S ESSENTIAL EIGHT³, WHICH INCLUDES KNOWING YOUR NUMBERS FOR WEIGHT, BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR AND IMPLEMENTING HABITS LIKE EATING HEALTHY, QUITTING SMOKING AND VAPING, GETTING PLENTY OF SLEEP AND EXERCISING. :15</p> <p>(Nats of Dave exercising) :01</p> <p>IT'S ADVICE DAVE EMBRACES TO THE FULLEST, BUT HE SAYS IT'S MUCH EASIER TO MAKE SMALL CHANGES EARLY IN LIFE THAN TO FIGHT FOR YOUR LIFE AFTER A MAJOR CARDIAC EVENT. :08</p> <p><i>"If you haven't been to the doctor in five or 10 years, make an appointment. If you haven't checked your blood pressure, just go // get it checked. :09</i></p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>EXPERTS SAY IT'S NOT ONLY CRITICAL TO RECOGNIZE IF YOU ARE HAVING A HEART ATTACK, BUT TO ALSO TAKE ACTION RIGHT AWAY, AS TIME TO TREATMENT CAN BE THE DIFFERENCE BETWEEN LIFE AND DEATH.</p> <p>SIMPLE STEPS LIKE SEEING YOUR PRIMARY CARE PHYSICIAN EACH YEAR FOR ROUTINE</p>
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	<p>SCREENING CAN ALSO HELP YOU IDENTIFY DEVELOPING ISSUES AND PREVENT THEM FROM GETTING WORSE.</p> <p>FOR MORE INFORMATION ON SIGNS OF HEART ATTACKS AND HOW TO PREVENT THEM, VISIT THE LINK ON OUR WEBSITE.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Although heart attacks in those under 40 are on the rise, a national survey by @OSUWexMed finds too many young adults do not believe they are at risk for heart disease. Experts say small preventive steps early in life can pay off big for your future health.</p> <p>https://bit.ly/3wr9GJp</p> <hr/> <p>Heart attacks and strokes are on the rise among those under 40, yet a new national survey by The Ohio State University Wexner Medical Center finds many young adults may not be considering their risks. Experts say simple lifestyle and screening measures early in life can prevent major issues down the line. https://bit.ly/3wr9GJp</p>
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EXTRA BITES

<p>CG: Dr. Laxmi Mehta Ohio State Wexner Medical Center</p>	<p>Mehta explains the rise in heart attacks and strokes among young people: <i>“The rise in younger people having high blood pressure, diabetes and high cholesterol, which aren’t necessarily being recognized in these patients. And when they’re uncontrolled can increase their risks for developing heart disease and strokes.” :17</i></p> <p>Mehta explains the importance of annual screenings: <i>“Seeing someone on an annual basis is essential so that we can screen for high blood pressure, we can screen if you’re at risk of diabetes, we can screen for your cholesterol and we can screen for other things that may put you at risk for other medical conditions.” :16</i></p> <p>Mehta says Life’s Essential 8 includes lifestyle factors and risk management: <i>“I like to look at it as two separate categories. One category is the healthy lifestyle, things that people can do. And then the other category is the management of conditions. And together these eight things can really help prevent heart disease and strokes.” :19</i></p> <p>Mehta says mental health can have a profound effect on cardiovascular health: <i>“Psychological health, our mental health, really can impact how we eat and how we can manage the other health conditions.” :09</i></p>
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CG: Dave Conway
Heart patient

Dave says he was grateful to be alive to work on his health after his heart attack:
"I felt this immense sense of gratitude. I liked looking out the window and seeing the sunlight for the first time, and then I was happy that I got to get up and I got to walk around, I got to eat right, I got to exercise, I got to do all of those things that initially were very questionable." :20

Dave says people need support to change their lives long-term after a cardiac event:
"There's a lot of people that I've met through cardiac rehab who go through these life changes and after the initial time in your hospital and your time after cardiac rehab, there's kind of a gap. That's when the recovery really starts." :16

Dave says it's much easier to act early than to wait until heart issues are severe:
"We spend so much in this country on dealing with problems because they've gotten so bad. If we're able to kind of catch the problem early, it's much more manageable and much less severe or a chance of it being dangerous." :15

Dave says he would have likely died if he hadn't gone to the hospital when he did:
"Dr. Haas told me that if I hadn't gone to the hospital when I did, I likely would've gone to bed that night and not woken up." :08

References

¹*Heart Attacks Increasingly Common in Young Adults*, **American College of Cardiology, Mar 2019.**

Online:

<https://www.acc.org/about-acc/press-releases/2019/03/07/08/45/heart-attacks-increasingly-common-in-young-adults>

²*U.S. stroke rate declining in adults 75 and older, yet rising in adults 49 and younger*, **American Heart Association, Feb 2022.** Online:

<https://newsroom.heart.org/news/u-s-stroke-rate-declining-in-adults-75-and-older-yet-rising-in-adults-49-and-younger>

³*Life's Essential 8*, **American Heart Association, 2023.** Online:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

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