

The Pulse

Keeping a pulse on healthcare integration at RBH



Heart disease is the leading cause of death in the United States. February is American Heart Disease Awareness month. The term "heart disease" is often used interchangeably with the term "cardiovascular disease" which generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. **Because Heart Disease can be subtle, it can go undiagnosed until an individual experiences signs of a heart attack, heart failure, or an arrhythmia.** Symptoms of a heart attack consist of chest pain, upper back or neck pain, and shortness of breath. Heart failure symptoms are fatigue and/or swelling of the feet, ankles, legs, or abdomen. Arrhythmia symptoms are fluttering feelings in the chest (palpitations). **Heart Disease is easier to treat when detected early.** Many forms of heart disease can be prevented or treated with healthy lifestyle choices. Risk factors for developing heart disease include age, gender, family history, smoking, poor diet, high blood pressure, high blood cholesterol levels, diabetes, obesity, physical inactivity, stress, and poor hygiene. **High blood pressure is the leading cause of heart disease and stroke.** 40% of African American men have high blood pressure which puts African American men at a higher risk for heart disease. Seek emergency medical care if you or a loved one experiences chest pain, shortness of breath, and/or fainting.

For more information visit the website of The Center for Disease Control and Prevention (CDC) at https://www.cdc.gov/heartdisease/american_heart_month.htm

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Pregnancy and Your Heart Health



Pregnancy can be a very exciting time! It's also a time to make your health a priority. You can start by seeing a healthcare provider who can talk to you about your overall health, including your risks for heart problems. When possible, try to see your provider before you become pregnant.

Most women in the United States have healthy pregnancies. However, some serious illnesses and health problems are becoming more common, especially among women of color. Compared to white women, for example, Black women have a 2 to 4 times increased risk for high blood pressure-related pregnancy problems. Studies also show that American Indian, Asian, Hispanic, and Pacific Islander women are more likely to experience a variety of health problems during pregnancy.

Two potentially serious conditions can affect your heart health during pregnancy:

- **Preeclampsia**, a type of high blood pressure that occurs only during pregnancy. It occurs in women after the 20th week of pregnancy. People who have it also have signs of liver or kidney damage.
- **Gestational diabetes**, a type of diabetes that occurs only during pregnancy. It causes your blood sugar to spike, but it also can greatly raise your risk of developing preeclampsia.

Preeclampsia During Pregnancy

You're at increased risk of preeclampsia if you:

- Are older than age 40
- Are pregnant for the first time
- Had preeclampsia during a previous pregnancy
- Have chronic (long-term) high blood pressure, chronic kidney disease, or both
- Are pregnant with multiple babies (such as twins or triplets)
- Became pregnant using in vitro fertilization
- Have a family history of preeclampsia
- Are Black or African American
- Have type 1 or type 2 diabetes prior to pregnancy
- Have obesity
- Have lupus (an autoimmune disease)
- Have a history of a condition called thrombophilia that increases the risk of blood clots

High Blood Pressure During Pregnancy

Your healthcare provider should check your blood pressure to monitor for preeclampsia. This is very important if you have diabetes, obesity, or certain other health conditions. While uncommon, preeclampsia can quickly become serious.



W h a t y o u n e e d
t o k n o w a b o u t

O B A T

- OBAT stands for the Office-Based Addiction Treatment.
- The RICH Recovery Clinic provides treatment services for individuals diagnosed with Opioid Use Disorder.
- Participants must be a RBHA client and participate regularly in weekly counseling sessions.
- It provides Medication Assisted Treatment in order to assist clients in abstaining from the use of opiates.
- Over 240 RICH Recovery Clinic clients receive services from the OBAT program.
- Must submit a referral to Substance Use Disorder (SUD) services to be admitted in the OBAT program.

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www.AliveRVA.org

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**Peer Recovery
Warm Line**

*Listening and
Recovery Support*

*Treatment,
Housing, Food &
Health Resources*

*You don't have to
face this alone.*

Call us.

**OPEN DURING
HOLIDAYS**

We encourage those
struggling with
addiction, their loved
ones & community
members to reach out.



Alive RVA Warm Line

8:00 am—12:00 midnight

7 days/week

**Talk to trained individuals with lived experience in
addiction recovery. Safe and confidential.**

We're here to help.

Alive RVA Project Partners:

Substance Abuse & Addiction Recovery Alliance (SAARA);

Mental Health America of Virginia;

Richmond Behavioral Health Authority.

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