

# Heart Disease in Maine

June 2004

## Definition

- Heart disease is a type of cardiovascular disease that occurs when plaques or fatty substances build up in the arteries of the heart causing them to narrow and harden. The fatty buildup can break open and lead to the formation of a blood clot, which eventually blocks the supply of blood to the heart. If the blood supply to the heart is cut off, a heart attack results and cells in the heart begin to die due to a lack of oxygen. Because heart cells cannot be replaced, the damage is permanent.

## Some Facts

- Heart disease, which can often result in a heart attack, is the leading cause of death in the U.S., killing more than 700,000 Americans in 2001 and accounting for 29% of all deaths.
- Approximately 1.1 million Americans suffer a heart attack each year and approximately one-half of these heart attacks are fatal.
- Of those heart attack patients who survive a heart attack, about two-thirds do not make a complete recovery.
- About two out of five people who experience a heart attack in a given year will die from it.
- Heart disease is the leading cause of death in Maine, accounting for approximately 26% of all deaths.
- **In 2000, 2,398 heart disease deaths occurred in Maine; the age-adjusted death rate was 146.7/100,000 population.**
- **Heart disease deaths occurring among Maine men (1,241) and women (1,157) were similar in 2000. However, the age-adjusted heart disease death rate among Maine men (221.0 per 100,000 population) was higher than that of Maine women (124.1 per 100,000 population).**

## Cost Burden

- **There were 11,060 hospitalizations due to heart disease in Maine at a cost of \$222.6 million in hospital charges in 2002. Medicare or Medicaid payments covered 72% of those charges.**
- In 2002, heart disease accounted for 47% of all cardiovascular-related hospital charges and 11% of all hospital charges in Maine.

Maine Department of Human Services, Bureau of Health, Division of Community Health. Heart disease (ischemic heart disease) defined as ICD-9 codes 410-414, 429.2 for hospitalization data and ICD-10 codes I20-I25 for mortality data. Mortality rate adjusted to U.S. 2000 standard population. When comparing to prior mortality statistics, note age adjustment to U.S. 2000 standard and change to ICD-10 codes.

For general information call: 207-287-5338.

Technical questions related to statistical methods should be directed to: Pamela Foster Albert, 207-287-7108, [pamela.f.albert@maine.gov](mailto:pamela.f.albert@maine.gov). For more information and to access this fact sheet as a PDF, go to: [www.healthymainepartnerships.org/mcvhp2.html](http://www.healthymainepartnerships.org/mcvhp2.html)



Healthy Maine Partnerships

Maine Cardiovascular Health Program

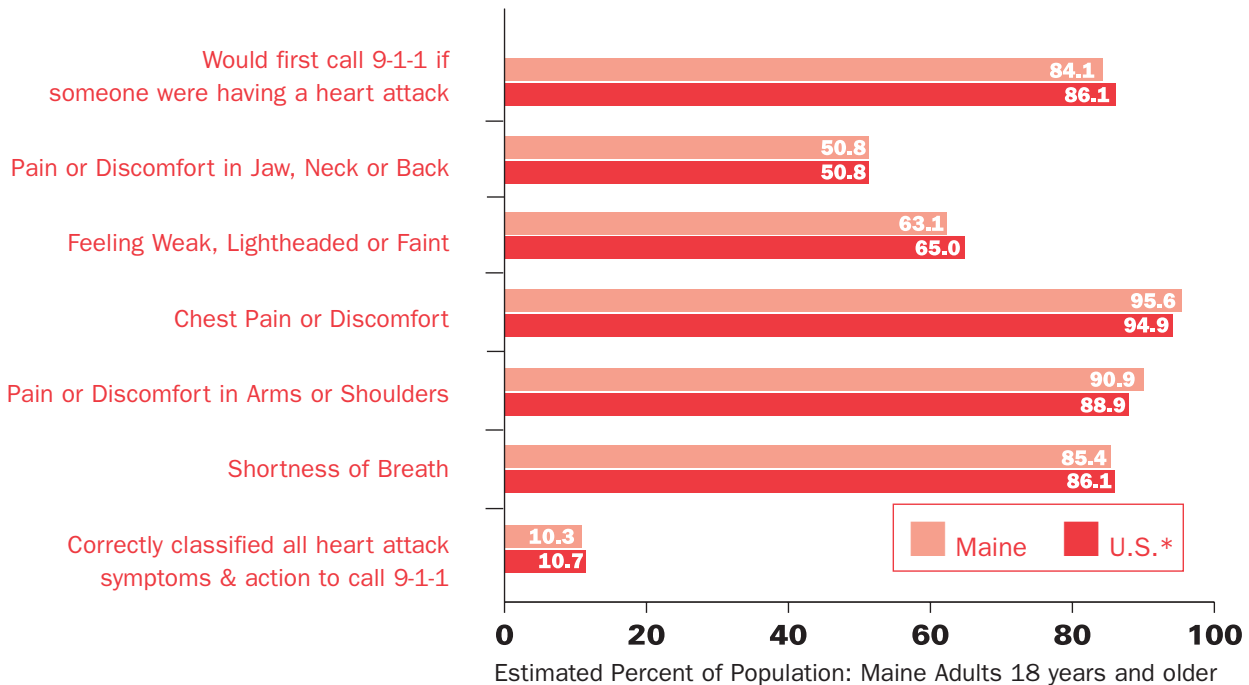
Bureau of Health, Maine Department of Health and Human Services

# Recognition of Heart Attack Signs & Symptoms Among Maine Adults

According to the American Heart Association, the following are the warning signs of a heart attack:

- Sudden chest pain or numbness\*
- Pain or discomfort in the jaw, neck or back\*
- Pain or discomfort in arms or shoulders\*
- Shortness of breath
- Feelings of weakness or faintness

\*Women often report symptoms of discomfort rather than pain.



U.S. comparison data obtained from: Greenlund KJ et al (2004). Public Recognition of Major Signs and Symptoms of Heart Attack: Seventeen States and the U.S. Virgin Islands, 2001. *Am Heart J* 2004; 147:000.

Six questions on the signs and symptoms of heart attack were included in the 2001 Behavioral Risk Factor Surveillance System (BRFSS), an ongoing telephone survey of adults in Maine aged ≥18 years. (Methodological details and quality control reports are available at [www.cdc.gov/brfss](http://www.cdc.gov/brfss)). The questions assessed the knowledge of the signs and symptoms of heart attack among Maine adults. The questions asked if each of six symptoms were a sign of having a heart attack. The correct answer to five of the six questions was “yes.” The correct answer to one of the six questions, about sudden trouble seeing in one or both eyes, was “no.” A question about who to call first if someone were having a heart attack was also included.

## Recognition of Heart Attack Signs & Symptoms By Gender in Maine

Maine women were more likely to know the signs and symptoms of a heart attack or the need to call 9-1-1 than Maine men. The following gender differences were noted:

- Would call 9-1-1 if someone were having a stroke.....87% of women vs. 81% of men
- Correctly classified “pain or discomfort in jaw, neck or back” as a symptom of a heart attack.....58% of women vs. 43% of men

Note: Gender differences were statistically significant at the 0.05 significance level.

Source: BRFSS 2001 Heart Attack & Stroke Signs & Symptoms Module