

Basic Information about the person

Caucasian female

Age: 69

Medical Information

Ashley: Do you have any version of heart disease, if so what is it?

Susan: Yes, Congested heart failure.

Ashley: Do you smoke or did you live with anyone that smoked?

Susan: Yes

Ashley: How often do you smoke?

Susan: Everyday and a pack a day

Ashley: Do you drink alcohol?

Susan: No

Ashley: How often do you drink alcohol?

Susan: N/A

Ashley: Have you ever done drugs?

Susan: Yes

Ashley: Do you have a history of heart disease in your family?

Susan: Yes, her brother and her mother.

Ashley: Do you have diabetes or a family history of diabetes?

Susan: No

Ashley: Do you have high blood pressure or a family history of high blood pressure?

Susan: No

Ashley: Do you have high cholesterol or a family history of high cholesterol?

Susan: Yes and her mother.

Ashley: Do you have sleep apnea?

Susan: No

Ashley: How many hours of sleep do you get each night about?

Susan: I get about 6 to 8 hours.

Ashley: Do you have a high sensitivity c-reactive levels (CRP)?

Susan: No

Ashley: Do you eat too much sodium?

Susan: Sometimes

Ashley: Are you obese or overweight?

Susan: Yes overweight.

Ashley: Do you have a high amount of stress in your life?

Susan: At times but everybody does at times.

Ashley: Do you have a high triglycerides?

Susan: I don't know.

Ashley: Do you have homocysteine?

Susan: I don't know.

Ashley: Do you have any kidney problems?

Susan: No, but I did have kidney stones at one point.

Ashley: Do you have thyroid problems?

Susan: No

Ashley: Do you have defect in your blood vessels?

Susan: I don't know.

Ashley: Do you take any over the counter medicines?

Susan: No

Ashley: Have you ever had heart attack or a stroke?

Susan: Yes I have had both.

Ashley: Do you have any breathing issues?

Susan: Asthma

Ashley: Do you have any other health issues that I did not state above?

Susan: No

Diet and Physical Activity

Ashley: Do you eat the daily amount of vegetables?

Susan: Sometimes

Ashley: Do you eat the daily amount of fruit?

Susan: Yes

Ashley: When do you eat your largest meal of the day?

Susan: Sometimes lunch or dinner.

Ashley: About how many snacks do you have a day or how often do you snack in a day?

Susan: I have a snack about once a day.

Ashley: About how often do you believe you eat things that have high amounts of sugar or fat in them?

Susan: Everyday

Ashley: Do you know any warning signs for a heart attack?

Susan: Tightness or heaviness in the chest, pain down your arm, and pain sometimes in your back and shoulders.

Ashley: Do you have a nutritional imbalance?

Susan: No

Ashley: Do you have low magnesium levels?

Susan: No

Ashley: Do you have low vitamin D levels?

Susan: No

Ashley: Do you have low potassium?

Susan: No

Ashley: Do you have a sedentary lifestyle which is little to no physical activity or you basically just sit around?

Susan: No

Ashley: Are you physically inactive?

Susan: No

Ashley: How often do you exercise a week and for about how long?

Susan: I do 30 minutes a each day.

Ashley: What does things do you do each day that are physically active?

Susan: Walking

Heart Disease General Questions

Ashley: How many people in America do you think have heart disease of what percent do you think has heart disease?

Susan: 80%

Ashley: What do you think makes a healthy diet for someone who has heart disease?

Susan: Having a diet, nonsmoking, and exercise.

Ashley: Do you think there is anything in your life you need to change to help further you from getting heart disease and if so what do you think you personal need to change?

Susan: Yes, stop smoking and lose weight.

Ashley: What do you think heart disease is or what do you is consider heart disease?

Susan: It is when you have a faulty heart.

Ashley: How do you think we can work to prevent heart disease in America?

Susan: Change the American lifestyle.

Why she has heart disease and what made her more likely to get?

Susan has heart disease because she smoked basically all of her life and that makes her part of the 13.6% adult women in the United States that smoke. One of the many reasons she has heart disease is because smoking is the leading cause of preventable diseases in the United States. Also her family has a genetic line of heart disease which makes her more prone to have heart disease since her mother and her brother had heart disease. Susan was also born with a heart murmur which makes you more likely to get any type of heart disease. Also her being overweight does not help because the pressure on the heart makes it harder for the heart to work. This makes her part of the 160 million Americans that are either obese or overweight. Then along with having high cholesterol levels making her part of the 73.5 million people that have that issue. She says that she will still continue to smoke because she has done it for so long she is not stopping and if it is going to kill it is going to kill her either way whether she stops or not because she has done it for so long. Also her having a heart attack and a stroke because of the issues above it doesn't help it makes her heart work harder and her also struggle with her brain issues or mental things caused by the stroke. But she has lessened how much she smokes she each day and she has been working on losing some weight and changing her eating habits. But she still is struggling with the exercise because she can not really walk without walking with the walker or riding the scooter these cause her to live an inactive lifestyle which doesn't help with her heart disease. Susan is trying to do certain things to change her lifestyle in certain ways.

Why I choose to take the photo the way I did and who inspired me?

The photographer that inspired me to take Susan's picture the way I did was by Diane Arbus.

The picture I was trying to portray for my Grandmother was an older lady that was sitting there smoking and having a good time with a care in world. This is because even though she has heart disease she is still smokes even though she has been told to stop. But her thing is I have done it for so many years so if it is going to kill it will kill me whether I stop smoking now or not. I have smoked for so long that it won't effect anything. The picture I choose was an older lady with her hair in curls, all long with her holding a cigarette in one hand and also having a straight and kind happy looking face. Since she portrays that mood in from what I interpret in the interview. She is happy and trying to live life to the fullest even though she is having heart disease she is not stopping the things that mean everything to her.