

Healthy Heart News!

VOLUME 3, ISSUE 8

FEBRUARY 1, 2019



RISK FACTORS FOR HEART DISEASE:

- ❑ Uncontrolled high blood pressure
- ❑ Uncontrolled high cholesterol
- ❑ Smoking
- ❑ Diabetes
- ❑ Overweight/ Obese
- ❑ Unhealthy diet
- ❑ Physical inactivity

Heart Awareness

The month of February is known as Heart Awareness Month and focuses on promoting a healthy heart!

Heart disease is complications in the heart including: heart structural problems, blood clots, or nonfunctional blood flow.

Heart disease can affect both women and men and it is important to know what can increase your risk of getting heart

disease and ways to prevent getting heart disease.

Heart disease is the leading cause of death for men and women.

One in four (1/4) deaths each year occur due to heart disease. Heart disease affects adults but every year it affects younger patients due to uncontrolled risk factors.

In order to prevent the



risk of getting heart disease it is important to control all other medical conditions, eat healthy, and maintain a healthy lifestyle.



WHO SHOULD BE

In order to help prevent the development of getting heart disease it is important to monitor certain conditions that can lead to heart disease

such as, blood pressure, cholesterol, weight, smoking and even physical activity. Controlling these risks can help reduce the chance of getting heart disease.



WAYS TO PREVENT HEART DISEASE!

Prevention Tips



Don't smoke.
If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease.



Stay active.
Aim for at least 30 minutes of moderate physical activity almost every day and for two strength-training sessions every week.



Stay at a healthy weight.



Eat healthy.
Choose foods low in saturated fats, trans fat, and cholesterol and high in fiber.



Control your blood pressure.
If your blood pressure is 140/90 or above, talk to your doctor about lifestyle changes and other treatment options, and call Ladies First for new programming opportunities that might be right for YOU.



Manage stress.
Find out what causes the most stress in your life and see if anything can be done to lessen that.

WHO SHOULD BE

Recommended Screenings	How Often?
Blood pressure	• Each regular healthcare visit or at least once every 2 years if blood pressure is less than 120/80 mm Hg
Cholesterol (fasting lipoprotein profile to measure total, HDL and LDL cholesterol)	• Every 4-6 years for normal-risk people; more often if any you have elevated risk for heart disease and stroke
Weight / Body Mass Index (BMI)	• During your regular healthcare visit
Waist circumference	• As needed to help evaluate cardiovascular risk if your BMI is greater than or equal to 25 kg/m ²
Blood glucose test	• At least every 3 years*
Discuss smoking, physical activity, diet	• Each regular healthcare visit

WAYS TO GET A HEALTHY



References: Heart-Health Screening. <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/heart-health-screenings>. Accessed on January 29, 2019.

Heart Disease Facts. <https://www.cdc.gov/heartdisease/facts.htm>. Updated November 2017. Accessed on January 26, 2019.

