



# 11 TIPS FOR A HEALTHY HEART

## Wellness Tips

Did you know that heart disease is the leading cause of death in both men and women in the United States? While it's easy to get caught up in the hustle and bustle of your everyday life, there are certain things that can't be forgotten—like maintaining a heart healthy lifestyle. When it comes to a heart attack or stroke, minutes matter, so it's important to learn the signs and symptoms and understand your risks. The greatest weapon against heart disease is a healthy lifestyle. Follow these 11 simple tips to put you on the path for long-term benefits.

## HEART ATTACK

Heart disease is the leading cause of death in the US. In the US, someone has a heart attack every 40 seconds.

### SIGNS/SYMPTOMS:

- ✓ Chest pain or discomfort
- ✓ Heartburn
- ✓ Sweating
- ✓ Shortness of breath
- ✓ Lightheadedness
- ✓ Fatigue
- ✓ Anxiety or sense of doom
- ✓ Nausea or vomiting
- ✓ Pain in neck, shoulders, jaw, one or both arms



### RISKS:

- ✓ Family history of heart disease
- ✓ Smoking
- ✓ Being overweight
- ✓ Having high blood pressure, high cholesterol, or diabetes
- ✓ Poor diet
- ✓ Lack of exercise

## STROKE

Someone dies of a stroke every 3.7 seconds.

### SIGNS/SYMPTOMS:

- ✓ Confusion or trouble speaking
- ✓ Severe Headache
- ✓ Trouble with vision
- ✓ Difficulty walking
- ✓ Sudden paralysis or numbness of face, legs, or arms (often one-sided)



### RISKS:

- ✓ High blood pressure
- ✓ Smoking
- ✓ Obstructive Sleep Apnea
- ✓ Cardiovascular Disease
- ✓ High Cholesterol
- ✓ Lack of exercise
- ✓ Being overweight

# TIPS FOR PREVENTION



1.

## SEE YOUR PRIMARY CARE PHYSICIAN FOR YEARLY WELL VISITS

Urgent care visits are convenient at times but should not replace your primary doctor.



6.

## LOWER ALCOHOL INTAKE

Keep your alcohol to 1 drink per day for women and 2 for men. (1 drink= 5 oz wine, 12 oz beer, or 1.5 oz liquor).



2.

## MANAGE YOUR BLOOD PRESSURE AND CHOLESTEROL

Aim for 120/80 mmHG. Damage to the walls of the blood vessels attracts more plaque which narrows the arteries of the heart and brain.



7.

## WATCH YOUR SALT

The American Heart Association recommends limiting daily sodium to less than 1500mg (approximately 1 tsp).



3.

## GET REGULAR EXERCISE

New guidelines recommend 150 minutes of moderate exercise such as brisk walking, biking, or active yoga per week.



8.

## MAINTAIN A HEALTHY WEIGHT

Being 20 percent overweight increases your risk for developing heart disease, especially if you carry it in your belly.



4.

## QUIT SMOKING

Smoking includes cigarettes, vaping, and chewing tobacco. Help is available at 1-800-QUIT-NOW or [www.smokefree.gov](http://www.smokefree.gov).



9.

## KEEP YOUR SUGARS STABLE

Diabetes raises your risk of heart disease and stroke. Diet and exercise are key for success.



5.

## FOLLOW A HEART HEALTHY DIET

Increase fruits, vegetables, whole grains, and low-fat dairy. Reduce saturated fats such as fried foods and processed baked goods.



10.

## GET AT LEAST 7 HOURS SLEEP

Sleep regulates stress hormones and keeps your nervous system in check which can reduce high blood pressure and improve blood sugar control.



11.

## MANAGE YOUR STRESS

Stress itself can increase your blood pressure but the ways you handle stress are even more important. Avoid the use of alcohol, food and nicotine to make you feel better.

References: Cdc.gov and Mayo Clinic

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

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Healthier Together