

HEART HEALTH



Heart Disease Facts

- Heart disease causes 26% of deaths in the United States.
- It is the leading cause of death, for both men and women.
- Every year 785,000 Americans have a heart attack.

Signs and Symptoms of a heart attack

- ❑ Chest discomfort
 - ❑ Can be very painful, often described as a squeezing or fullness in the center of the chest.
- ❑ Discomfort in other parts of the body
 - ❑ Pain may be located in arms, neck, or stomach.
- ❑ Shortness of breath
- ❑ Sweating, nausea, and/or lightheadedness

Risk Factors

- Inactivity
- Obesity
- High Blood Pressure
- Cigarette Smoking
- High Cholesterol
- Diabetes
- Alcohol abuse
- Poor diet



Risk Prevention - Conditions

- Lower Blood Pressure.
 - ▣ Elevated blood pressure has no symptoms. Have your blood pressure checked routinely.
- Lower cholesterol levels.
 - ▣ Have your cholesterol checked at least once every 5 years.
- Control your diabetes.
 - ▣ Closely monitoring your blood sugar reduces your risk of heart disease.
- Take your medication.
 - ▣ If you have high blood pressure, high cholesterol and/or diabetes, the best way to lower your risk of heart disease is by taking your medicines.

Risk Prevention - Lifestyle

- Be physically active
 - ▣ Shoot for moderate intensity exercise for 30-60 minutes most days of the week.
- Eat a healthy diet
 - ▣ Include lots of fresh foods. Avoid fats and salt.
- Maintain a healthy weight
 - ▣ Being overweight or obese increases your risk for heart disease.

Risk Prevention - Lifestyle

- Don't Smoke
 - ▣ Cigarettes are a very big risk factor for heart disease. If you don't smoke, don't start. If you are a smoker, consider quitting.
- Use Alcohol in moderation
 - ▣ Excessive alcohol use raises your blood pressure which in turn increases your risk of heart disease.



DASH diet

- DASH eating plan reduces blood pressure, promotes good health, and tastes great.
- Based on a 2,000 calorie diet
 - Fruits 2-2 ½ cups daily ½ cup = 1 medium fresh fruit
 - Vegetable 2-2 ½ c daily ½ cup = 1 cup leafy greens
 - Fat free milk and dairy 2-3 c daily 1 cup = 8 oz milk or yogurt
 - Whole Grain 6-8 oz daily 1 oz = 1 oz slice bread
 - Meat, Fish & Poultry < 6 oz daily 1 oz = 1 oz cooked meat
 - Nuts, Seeds & Legumes 4-5 times/wk 1 portion = 1/3 c nuts
 - Oils, Sweets, Salt and Alcohol: Use Sparingly.