

# Wellness Wednesday



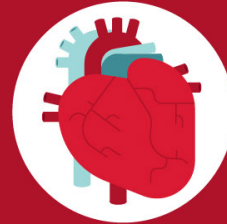
# Heart Health Month



## NATIONAL HEART MONTH

### HEALTHY HEART TIP

Eat less sodium. Don't add extra salt to your meal. Be cautious of pre-packaged food as they contain excessive amounts of salt for flavor and preservatives.



## FIVE IMPORTANT TIPS TO KEEP YOUR HEART HEALTHY

### 1 EXERCISE

Keep it simple. Try walking for 30 minutes a day. Any activity that gets you up and moving is good for your heart.



### 2 EAT HEALTHY

Eat a wide range of foods to ensure you're getting a balanced diet and all the right vitamins and minerals.

### 3 DON'T SMOKE

Smoking increases the risk of cardiovascular diseases, which includes coronary heart disease and stroke.



### 4 GET ENOUGH SLEEP

A good night's sleep is just as important as regular exercise and a healthy diet. Poor sleep has immediate negative effects on your body.

### 5 GET YOUR TEETH CHECKED

Research shows that gum disease is a marker for heart disease. So, practice good dental hygiene and see a dentist regularly.



“Heart disease is the No. 1 cause of death in the US and that includes both men and women. It's also almost entirely preventable. A good prevention strategy starts with taking care of your body, eating right, exercising, and getting the right amount of sleep.”

Dr. Stavros G. Drakos, MD, PHD, FASCC  
University of Utah Health

## Healthy Habits for a Happy Heart

Know your numbers - blood pressure and BMI (body mass index)

Stand up for your health - the more you sit the higher the risk

Get the facts on fats - some fats are healthier than others (olive oil and avocado are the best)

# HEART MONTH

## - February -

February is American Heart Month, a good time to think about the facts about heart disease.

### BE IN THE KNOW



**1 IN 3**

U.S. adults is currently living with a type of heart disease.



**HEART DISEASE**

is the leading cause of death in the United States and a major cause of disability.



**DENTAL HYGIENE**

Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



**MORNING IS PEAK TIME FOR HEART ATTACKS**

The majority of heart attacks happen during the hours of 8 and 9 in the morning.

STATISTICALLY MOST  
**HEART ATTACKS**  
OCCUR ON MONDAYS

**\$444 BILLION DOLLARS**

In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.



**START MOVING**

The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.

### INCREASE HEART HEALTH



**GET ACTIVE**



**CONTROL YOUR CHOLESTEROL**



**EAT BETTER**



**MANAGE YOUR BLOOD PRESSURE**



**LOSE WEIGHT**



**REDUCE YOUR BLOOD SUGAR**















**STOP SMOKING**

## HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN	WOMEN
Nausea or vomiting 	Nausea or vomiting 
Jaw, neck or back pain 	Jaw, neck or upper back pain 
Squeezing chest pressure or pain 	Chest pain, but not always 
Shortness of breath 	Pain or pressure in the lower chest or upper abdomen 
	Shortness of breath 
	Fainting 
	Indigestion 
	Extreme fatigue 

Source: American Heart Association's journal, Circulation  
Published April 4, 2019 | © 2019 American Heart Association, Inc.

