

Lifestyle and heart health

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Show yourself some love and TLC while improving longevity with these three heart healthy habits:

- Make exercise a regular part of your life
- Keep your diet in balance
- Get enough sleep each night

Statistics of heart disease.

Heart and blood vessel diseases are the leading cause of death in the United States. 2,400 deaths occur each day from heart disease. Healthy lifestyle habits play a significant role in reducing deaths from heart disease.

Risk factors for heart disease.

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Being overweight or obese
- Physical inactivity

What are heart disease symptoms?

- Chest Pain
- Shortness of Breath
- Coughing or Wheezing
- Swelling in the Legs, Ankles, or Feet
- Poor Blood Supply to Extremities
- Fatigue
- Fast or Uneven Heartbeat (Palpitations)

Exercise to manage heart health:

Exercise provides stress relief for your body while imitating effects of stress, such as the flight or fight response. It helps your body and its systems practice working together through those effects.

Healthy diet:

A healthy diet is one that helps maintain or improve overall health.

- It provides the body with essential nutrition: fluid, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories.

Sleep:

During sleep, your body produces valuable hormones important for growth, fighting infections and repairing cells. These hormones impact how the body uses energy. Studies have shown that the less people sleep, the more likely they are to be overweight or obese, develop diabetes, and prefer eating foods high in carbohydrates and calories. Aim for 7-8 hours of nightly sleep.



Grace Ostan, RN, FNP-C, DNP

“Prevention is the key to keeping your heart in top shape and pumping the way that it should. Embracing heart healthy habits can make a huge difference. Heart disease risk falls significantly when

people exercise regularly, maintain a balanced diet and healthy weight, control their blood pressure and get good quality sleep.