



VitaMin

Vital health information in a minute!

Healthy heart. Healthy life.

Pump up your heart health.

Heart disease is the #1 cause of death in the United States. Stroke follows close behind as the country's third cause of death. The statistics are alarming. But the good news is there are easy ways to prevent heart disease.

What is a heart attack?

The heart needs oxygen to work well. A heart attack happens when the blood flow that brings oxygen to the heart is severely reduced or cut off.

Steps to a heart-healthy lifestyle

Your lifestyle is your best defense against heart disease:

Stop smoking – 20% of all deaths from heart disease in the U.S. are directly related to smoking.¹ Using tobacco also makes it harder to recover from a heart attack or live with chronic heart disease. Kick the habit today.

Choose good nutrition – Choose nutrient-rich foods – like vegetables, fruit, whole-grains, lean protein and fat-free or low-fat dairy products – to help you maintain a healthy weight and control risk factors.

Lower your cholesterol – Too much cholesterol – a type of fat that can clog your arteries – can cause a heart attack. Reduce saturated fats, trans fats and cholesterol in your diet and exercise regularly. Or, ask your doctor about medication.

Lower high blood pressure – High blood pressure is the largest risk factor for stroke. So toss that salt habit, take medications recommended by your doctor and exercise regularly to bring high blood pressure down.

Be physically active every day – Just 30 minutes of physical activity each day can help lower blood pressure, lower cholesterol and help you keep a healthy weight. And this can help reduce your risk.

Reduce stress – Studies show that stress can lead to obesity, smoking and high blood pressure – all risk factors for heart disease. Take the time you need to de-stress and relax.

Women and heart disease

Women make up almost 50% of all heart disease* deaths. Here are more facts every woman should know:

- Heart disease is the leading cause of death for women in the U.S.
- Although heart disease is thought of as a “man’s disease,” about the same number of women and men die of heart disease each year in the U.S.
- Almost two-thirds of the women who die suddenly of coronary heart disease have no previous symptoms.¹
- Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as neck, shoulder, upper back or abdominal discomfort; shortness of breath; nausea or vomiting; sweating; lightheadedness or dizziness; or unusual fatigue.

* The term “heart disease” refers to several different types of heart conditions.

¹ <http://www.webmd.com/smoking-cessation/quit-smoking-heart>

² Lloyd-Jones D, Adams RJ, Brown TM, et al. Heart Disease and Stroke Statistics – 2010 Update. A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2010;121:e1-e170

Source: www.americanheart.org; www.cdc.gov; mayoclinic.com