

## February: Heart Health



Over the course of a day your heart pumps 100,000 times shuttling 2,000 gallons of blood through about 60,000 miles of branching blood vessels that reach all the cells, organs and body parts. That is a hefty job for a muscle the size of a fist. The heart has the most important job within our bodies yet so many Americans do not take the right steps to keep their hearts healthy. The evidence is overwhelming, heart disease is the leading cause of death in the United States for both men and women. Consider these facts;

- In the U.S. someone has a heart attack every 34 seconds. Each minute, someone in the U.S. dies from a heart related disease.
- Stroke is the third leading cause of death in the U.S.
- In the U.S. someone has a stroke every 40 seconds. Every three to four minutes someone dies of a stroke.
- About one out of three U.S. adults - 31.3% - has high blood pressure
- About one in every six U.S. adults - 16.3% - has high cholesterol.

Heart disease is a broad term used to describe a range of diseases that affect your heart. The term heart disease is often interchangeable with cardiovascular disease. Cardiovascular disease generally refers to condition that involves narrowed or blocked blood vessels that can lead to a heart attack, chest pain or stroke. Many forms of heart disease can be prevented and treated with healthy lifestyle choices.

There are multiple risk factors for heart disease, a few such as age, ethnicity, gender and family history can not be changed. The good news is most risk factors can be reduced with modifying certain lifestyle habits. Here are some ways to prevent heart disease:

- Quit smoking
- Control other health conditions, such as high blood pressure, high cholesterol and diabetes
- Exercise at least 30 minutes a day on most days of the week
- Eat a diet that's low in salt and saturated fat
- Maintain a healthy weight

- Reduce and manage stress
- Practice good hygiene

In addition to healthy lifestyle changes, remember the importance of regular medical checkups. Early detection and treatment can set the stage for a lifetime of better heart health.

Information gathered from Mayo Clinic. Statistics gathered from Centers for Disease Control and Prevention

Click the links below for more information on:

[cholesterol](#), [blood pressure](#) and ways to control them.

[What Makes Your Heart So Amazing](#)

