

# MONOGRAM

---

FEBRUARY 2023



TAKE THE TIME TO LOVE YOURSELF

Love is in the air!!! This February, **Mono County** **Public Health** wants you to take some time to love yourself and your heart.



# MONOGRAM

---

FEBRUARY 2023

## 5 Risks to Heart Health

### 1. Blood Pressure

High Blood Pressure is known as a 'silent killer.' With 1 in 3 American adults suffering from hypertension, it is crucial to know how to address it. High blood pressure can lead to heart disease, a higher risk of stroke, and kidney failure. Managing high blood pressure does not require significant changes. By adjusting your diet to be lower in fat and salt and working out for 30 minutes 5 days a week, you can help improve your heart health. Almost no signs point to high blood pressure, so check your blood pressure regularly and talk to your doctor about any concerns.

### 2. Cholesterol

Your body needs cholesterol, and it helps to build healthy cells. However, high levels of cholesterol can increase your risk of heart disease. Your body naturally makes blood cholesterol, which helps keep your body running. Dietary cholesterol is found in animal foods like meat, poultry, eggs, and dairy products. High cholesterol levels can create plaque buildup in your heart, which can break up and lead to blood clots that can cause heart attacks or strokes. You can avoid high cholesterol by limiting the number of animal products that you are consuming and limiting your intake of trans fats and saturated fats. Talk to your doctor about checking your cholesterol levels.



# MONOGRAM

---

FEBRUARY 2023

## 5 Risks to Heart Health

### 3. Blood Sugar

Glucose is the primary sugar found in the blood. It is your body's primary energy source and comes from the foods you eat. Glucose is used in your body's cells for energy. High blood sugar levels can lead to pre-diabetes, diabetes, and hyperglycemia. High blood sugar can damage blood vessels and the nerves that control your heart. Even if you do not have diabetes, it is essential to monitor your blood sugar and maintain a regular eating, activity, and medication schedule. Limiting the number of carbohydrates in your diet can help keep your blood sugar in check.

### 4. Smoking

Smoking has serious health risks. Smoking can permanently damage your heart and blood vessels. Smoking can lead to cardiovascular disease, which can cause coronary heart disease, hypertension, heart attack, stroke, and aneurysms. According to the American Heart Association, cardiovascular disease accounts for 800,000 U.S. deaths every year; of those, 20 percent are due to cigarette smoking. Even if you are not a smoker but are around secondhand smoke, you are at a higher risk for coronary heart disease. Quitting smoking will benefit your heart now. Within 12 hours of quitting, the carbon monoxide level in your blood drops to normal, allowing more oxygen to your heart and other vital organs. Quitting smoking is hard. Talk to your doctor about setting up a plan to stop and look into different ways to help you quit and protect your heart.

### 5. Excess Alcohol Consumption

Excessive alcohol consumption can lead to high blood pressure, heart failure, and stroke. It can also lead to cardiomyopathy, which affects the heart muscle. While some studies have shown that limited alcohol consumption can be beneficial, the risks outweigh the benefits. Long-term excessive drinking can lead to increased heart rate, high blood pressure, and weakened heart muscles. If you do drink alcohol, limit your consumption to two drinks a day most days for women, and three drinks a day most days for men.

# MONOGRAM

FEBRUARY 2023

## 5 Tips for a Healthy Heart

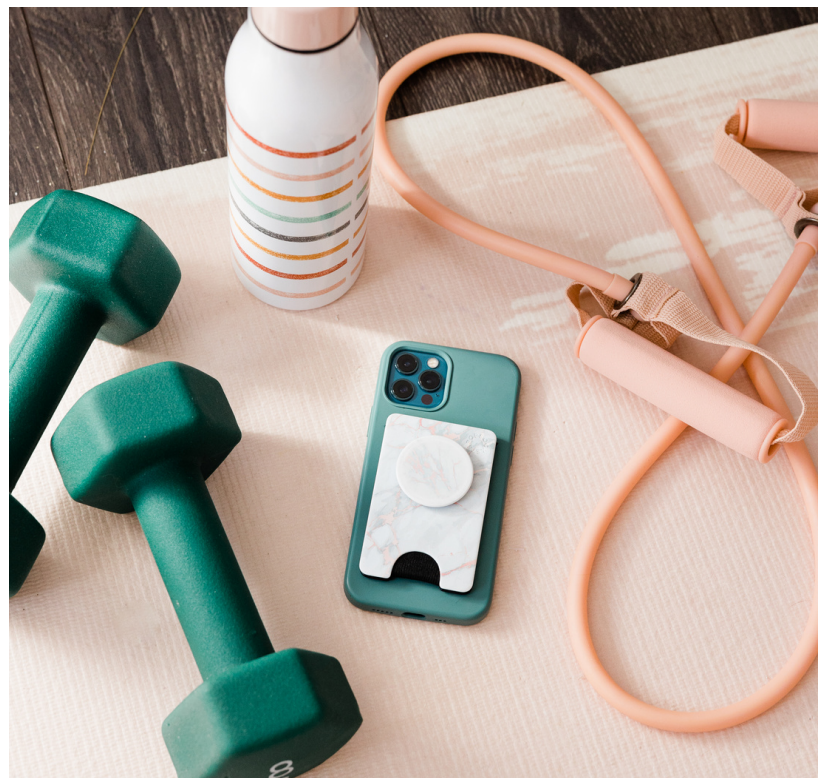
### 1. Diet

Changing your diet can significantly benefit your heart health. By introducing more fruits and vegetables, you can increase the vitamins and minerals in your body. Adding fruits and vegetables can also help you reduce the number of high-calorie foods like meat, cheese, and snack foods.

In addition, research has shown that those who eat red meat are at a higher risk of death from heart disease, stroke, or diabetes. Large amounts of processed meat can increase the risk of illness as well. By eating lean meats, you can still get enough protein, and having a meatless meal once or twice a week can allow you to maintain a high protein intake while increasing the vitamins and minerals in your diet. Avoid sticking to one protein source. Instead, choose from varieties of protein sources, like beans, nuts, peas, soy, and eggs.

### 2. Exercise

Exercise can help your heart and reduce the risk of heart-related illnesses, including helping to lower blood pressure, drop weight, and strengthen muscles. It can also help reduce the risk of diabetes and help you quit smoking. Exercising 30 minutes a day, five days a week can get you started on a healthier lifestyle.



# MONOGRAM

---

FEBRUARY 2023

## 5 Tips for a Healthy Heart



### **3. Quit Smoking**

Quitting smoking can help improve your heart health. By quitting, you can reduce the risk of premature death and add as much as ten years to your life expectancy. You can also reduce the risk of poor reproductive health, chronic obstructive pulmonary disease (COPD), and cancer. Even if you have already been diagnosed with coronary heart disease or COPD, you can still benefit from quitting.

### **4. Limit Alcohol Consumption**

By limiting your alcohol intake, you can help lower your blood sugar, lower your blood pressure, reduce stress and anxiety, and get a better night's sleep.

### **5. Schedule Annual Medical Appointments and Get Routine Lab Work**

By visiting your doctor regularly, you can keep on top of your health, catch any health concerns early, and build a relationship with your primary care physician. Many heart-related conditions don't have symptoms. By scheduling an appointment with your physician, you can get lab work done and know if there is anything you should be concerned about before it is too late. Don't wait until you're sick to visit the doctor's office.