

8 STEPS TO PREVENT HEART DISEASE AND STROKE

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).



1. Know your risk

heart.org/cccccalculator

- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.



2. Eat a healthy diet

heart.org/eatsmart

- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.



3. Be physically active

heart.org/movemore

- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.



4. Watch your weight

heart.org/weight

- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.



5. Live tobacco-free

heart.org/tobacco

- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.



6. Manage conditions

heart.org/conditions

- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.



7. Take your medicine

- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.



8. Be a team player

- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.

Take charge of your health.

Start today at heart.org/prevention.

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The Medical Library Association Guide to Finding Out About Heart Disease Jeanette de Richmond, Terry Hoffman, 2013-10-10 Heart disease affects millions of people every year The MLA Guide to Finding Out About Heart Disease organizes and offers evaluated print and online resources to help readers develop a collection or research specific medical options incorporating important data and key concepts about risk factors and symptoms of heart disease

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The Greatest Guide to Slimming & Healthy Living Wendy Green,2011-06 Slimming healthy living tips and adviceto help you Discover why you overeat and harness the power of your subconscious mind to help you lose weight Eat less by changing your relationship with food Learn which everyday foods drinks herbs and

Comprehensive Approach to Adult Congenital Heart Disease Anita Sadeghpour,Majid Kyavar,Azin Alizadehasl,2014-07-31 In the United States there are approximately 1 million adults with congenital heart disease with 20 000 new patients reaching adolescence each year With early pediatric diagnosis improved medical surgical and post operative care it is now expected that 90% of patients born with congenital heart disease CHD will survive to adulthood Therefore the number of adult CHD ACHD patients will continue to rise In fact it is now estimated that for the first time in history there are more adults living with CHD than children The cardiologist who deals with these patients must therefore be familiar with congenital heart lesions in their uncomplicated state and know appropriate testing and follow up methods Also the inherent complexity of this type of cardiovascular disease really needs a comprehensive multimedia included practical and case base approach and assessment The aim of this book is to provide a case base approach to adult patients with congenital heart disease including all diagnostic and treatment methods focus on physical exam ECG chest X Ray heart sounds advanced echocardiography

including of TTE TEE cardiac CT CMR catheterization interventional procedures surgery and also anesthesia highlights in these patients *Health Care Resources Catalog* ,1999 *The 10 Best Questions for Recovering from a Heart Attack* Dede Bonner,2009-05-19 Drawing on cutting edge research and advice from internationally prominent cardiologists The 10 Best Questions for Recovering from a Heart Attack is a holistic guide you ll take with you into your doctor s office and keep close to you through every step of your treatment and recovery A good mind knows the right answers but a great mind knows the right questions And never are the Best Questions more important than after the life altering event of surviving a heart attack or being diagnosed with heart disease Drawing on cutting edge research and advice from internationally prominent cardiologists the president of the American Heart Association award winning personal trainers and nutritionists and experts in healthy lifestyles smoking cessation alcohol abuse stress management spirituality relationships sex and financial planning The 10 Best Questions for Recovering from a Heart Attack is a holistic guide you ll take with you into your doctor s office and keep close to you through every step of your treatment and recovery With a wealth of resources and up to the minute information The 10 Best Questions for Recovering from a Heart Attack shows you and your family how to move beyond your fears and use the power of the Best Questions and Magic Questions the smartest questions most people never think to ask to become your own best advocate for your physical emotional mental spiritual and financial health [The Cardiac Care Unit Survival Guide](#) Herzog,2012 This book is geared toward cardiologists trainees and housestaff anyone who rotates or practices in the CCU who must grasp the subtleties when treating patients in a cardiac care unit It is organized in a way to help you understand the simplified pathophysiology of the disease the diagnosis modalities the initial critical care management in the CCU the clinical care in a step down unit and plan for discharge therapy Dr Herzog has developed unified pathways for the management of patients presenting with acute chest pain or its equivalent acute heart failure atrial fibrillation and flutter syncope cardiac arrest hypertension and hyperglycemia Algorithms and pathways for management are provided in each chapter for easy implementation in any health care system In addition because specialized units are frightening to the patients and their families there is a section in each chapter on what the patient and family need to know that encompasses a capsulated explanation of the condition and treatment management A companion website accompanies the text that includes fully searchable text and patient information

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Table of Contents Guide To Nine Heart Problems

1. Understanding the eBook Guide To Nine Heart Problems
 - The Rise of Digital Reading Guide To Nine Heart Problems
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Nine Heart Problems
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Nine Heart Problems
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Nine Heart Problems
 - Personalized Recommendations
 - Guide To Nine Heart Problems User Reviews and Ratings
 - Guide To Nine Heart Problems and Bestseller Lists
5. Accessing Guide To Nine Heart Problems Free and Paid eBooks
 - Guide To Nine Heart Problems Public Domain eBooks
 - Guide To Nine Heart Problems eBook Subscription Services
 - Guide To Nine Heart Problems Budget-Friendly Options
6. Navigating Guide To Nine Heart Problems eBook Formats

- ePub, PDF, MOBI, and More
- Guide To Nine Heart Problems Compatibility with Devices
- Guide To Nine Heart Problems Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide To Nine Heart Problems
 - Highlighting and Note-Taking Guide To Nine Heart Problems
 - Interactive Elements Guide To Nine Heart Problems
- 8. Staying Engaged with Guide To Nine Heart Problems
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Nine Heart Problems
- 9. Balancing eBooks and Physical Books Guide To Nine Heart Problems
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Nine Heart Problems
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide To Nine Heart Problems
 - Setting Reading Goals Guide To Nine Heart Problems
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide To Nine Heart Problems
 - Fact-Checking eBook Content of Guide To Nine Heart Problems
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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