

Heart Health

Here are some things we can do to keep our hearts healthy:

1. Have your blood pressure checked regularly, if it is high, work with your doctor to keep it under control.
2. Don't smoke, there is NO safe cigarette.
3. Eat a low fat, low cholesterol diet with several light meals, rather than fewer, larger ones.
4. Maintain proper weight. If you are losing weight, maintain a balanced , nutritious diet.
5. Exercise regularly to maintain cardiovascular fitness.
6. Have regular checkups, follow your health provider's advice about reducing your risk of heart attacks.
7. Reduce stress.

The signs and symptoms of an impending heart attack include:

1. Chest pain behind the breast bone.
2. Pressure, tightness or burning in the chest
3. Pain radiating to the arms, neck, jaw or back.
4. Chest pain that occurs during exercise or exertion, after a heavy meal, on a cold, windy day or when under stress.

Chest pain and heart attacks are caused by a shortage of oxygen to the heart muscle. This can occur when the blood vessels surrounding the heart become clogged or narrowed by fatty deposits. See your doctor immediately if you experience chest pain or the pain becomes more frequent or severe.

Now, have I told you anything you didn't already know? Most of us could

recite this list with our eyes closed. The hard part is figuring out HOW to do these things. How do I keep my blood pressure down, stop smoking, lower my cholesterol, maintain proper weight, fit exercise into my hectic schedule and reduce my stress? In the meantime, if you'd like to discuss any of these subjects (or others) with your parish nurse, please call me at 568-5800 x905 to make an appointment to see me or talk on the phone.

by [Michelle Arya, RN, Parish Nurse](#)

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