

HEART HEALTH



HEART DISEASE FACTS

- Cardiovascular diseases (CVDs), often called heart disease, are a group of disorders of the heart and blood vessels. Heart disease is the leading cause of death worldwide.
- Heart attacks and strokes usually occur when blood flow to the heart or brain is blocked, most often due to a buildup of fatty deposits in blood vessels.
- Many heart attacks and strokes can be silent or go unrecognized, delaying treatment and increasing the risk of complications.
- The good news: an estimated **50-70% of heart disease is preventable** through healthy lifestyle choices and early detection.

PREVENTION TIPS

Be Active:

Regular movement strengthens the heart and improves circulation. Aim for at least 150 minutes per week of moderate-intensity physical activity (like brisk walking), or 75 minutes per week of vigorous-intensity activity (like jogging), or an equivalent combination of both.

Eat Healthy Foods:

A balanced, nutrient-rich diet helps lower heart disease risk. Choose a variety of fruits, vegetables, whole grains, lean proteins, nuts, seeds, and healthy fats. Reduce sodium intake and limit red meat.

Avoid Risky Substances:

Tobacco damages blood vessels and greatly increases heart disease risk. Excess alcohol can raise blood pressure and strain the heart. If you drink alcohol, do so in moderation.

Get Good Sleep:

Aim for 7-9 hours of sleep each night to support blood pressure, metabolism, and overall heart health. Both too little sleep (less than 7 hours) and poor sleep quality increase cardiovascular disease risk.

“There's nothing I can prescribe or do for a patient that matches what **walking** can provide.

-Dr. David Sabgir, Cardiologist and founder of WWAD

Reduce Stress:

Regular physical activity, time in nature, and strong social connections help lower stress and support heart health.

Maintain Healthy Weight:

Maintaining a healthy body weight can lower blood pressure and cholesterol, reducing strain on your heart.

Know Your Numbers:

- LDL Cholesterol** ("bad cholesterol"): High LDL contributes to artery plaque buildup. For most people, aim for LDL 100 mg/dL. Those at higher risk may benefit from even lower levels.
- Blood Sugar:** High blood sugar can damage blood vessels and increase the risk of heart disease. Aim for hemoglobin A1C 5.7% or lower to reduce diabetes risk.
- Blood Pressure:** High blood pressure often has no symptoms, but it strains the heart and vessels. Aim for 120/80 mm Hg. For those with hypertension, a target of 130/80 mm Hg is recommended, with consideration of 120 mm Hg when feasible.

See a Doctor:

Early detection is key. Schedule an annual checkup with your healthcare provider to review your numbers, discuss lifestyle changes, and explore any recommended treatments.