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WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **HEART HEALTH**

Heart Disease is defined as any **disorder** that affects the **heart**. Sometimes the term "**heart disease**" is used narrowly and incorrectly as a synonym for coronary **artery disease**. **Heart disease** is synonymous with **cardiac disease** but not with **cardiovascular disease** which is any **disease** of the **heart** or blood vessels.

Although we **can't cure heart disease**, we **can** make it better. Most forms of **heart disease** are very treatable today. There is some evidence that normalizing high blood pressure and lowering cholesterol to very low levels will partially reverse plaques in the coronary arteries.

In general, **treatment for heart disease** usually includes: Lifestyle changes. You can lower your risk of **heart disease** by eating a low-fat and low-sodium diet, getting at least 30 minutes of moderate exercise on most days of the week, quitting smoking, and limiting alcohol intake. Sometimes medications are required.



Did you know?



- The age-adjusted overall Cardio Vascular Disease prevalence is lower for Hispanics (8.3%) than either Non-Hispanic Whites or Non-Hispanic Blacks (11.1% and 10.3%, respectively).¹
- African American women are 60 percent more likely to have high blood pressure, as compared to non-Hispanic white women.²

- Heart disease costs the United States about **\$219 billion** each year from 2014 to 2015. This includes the cost of health care services, medicines, and lost productivity due to death.³
- Estimates from the National Health and Nutrition Examination Survey (NHANES) are that 6.2% or 15.5 million US adults over the age of 20 years have Chronic Heart Disease.¹
- About **655,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.³



MOVE YOUR BODY! FEED YOUR BODY!

Heart disease can be managed to some extent with consistent activity. Consult your physician if you plan to start any new health activity. Consider enlisting the help of a fitness coach for guidance and encouraging support. Some basic activities for adults ⁴ who don't usually "work out" are:

- Walking
- Swimming
- Yoga
- Keep Active throughout the day : Stairs, walking in place, break from sitting at desks
- Not doing TOO Much all at once; Start slow, pace yourself.

Diet plays a major role in heart health and can impact your risk of heart disease. In fact, certain foods can influence blood pressure, triglycerides, cholesterol levels and inflammation, all of which are risk factors for heart disease. Here are 15 foods you should be eating to maximize your heart health:

1. Leafy Green Vegetables
2. Whole Grains
3. Berries
4. Avacados
5. Fatty Fish and Fish Oil
6. Walnuts
7. Beans
8. Dark Chocolate
9. Tomatoes
10. Almonds
11. Seeds
12. Garlic
13. Olive Oil
14. Edamame
15. Green Tea



Learn More!

1. **Cardiovascular Disease in Hispanics/Latinos in the United States :** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4943843/>
2. **Heart Disease and African Americans :** <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlID=19>
3. **Heart Disease in the United States:** <http://bit.ly/36U4T7d>
4. **5 Heart Healthy Activities for Adults who don't work out :** <https://www.stack.com/a/5-heart-healthy-activities-for-adults-who-dont-work-out>
5. **15 incredibly Heart-Healthy Foods :** <https://www.healthline.com/nutrition/heart-healthy-foods>
6. **Symptoms of Heart Disease :** <https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118>
7. **10 Signs it's Time to see a Cardiologist :** <https://www.nm.org/healthbeat/healthy-tips/ten-signs-its-time-to-see-a-cardiologist>

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