

Heart Disease and YOU

My brother passed away at 56 from heart disease. He had several risk factors: male, family history, smoking, alcohol use, high cholesterol, hypertension, limited exercise, long work hours, and an unhealthy diet. Below is general information on heart disease and steps for better heart health.

What Is Heart Disease?

Heart disease includes problems with the heart and blood vessels, like blocked arteries (coronary artery disease), irregular heartbeats, and heart failure. It's a leading cause of death around the world.

Common Risk Factors

- High blood pressure
- High cholesterol
- Smoking
- Obesity
- Little exercise
- Poor diet
- Family history

Warning Signs

- Chest pain
- Shortness of breath
- Fatigue
- Swelling in legs
- Seek medical help immediately for any of these symptoms.

Prevention Tips

- Choose whole foods like lean meats, vegetables, and fruits; avoid processed options.
- Stay active with regular movement, such as walking or doing yard work.
- Maintain a healthy weight through diet and exercise.
- Quit smoking—set a target date to stop.
- Visit your doctor regularly to monitor blood pressure and cholesterol.

Heart disease is serious, but with healthy habits, you can protect your heart and live well.

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