



29th September is World Heart Day.

World Heart Day was founded in 2000 to inform people around the globe that heart disease and stroke are the world's leading causes of death, claiming 17.3 million lives each year.

World Heart Day is an annual event which takes place on 29 September every year. Each year's celebrations have a different theme, reflecting key issues and topics relating to heart health. 2014's theme is creating heart-healthy environments.

The success of World Heart Day depends on the proactivity of organizations from around the world to help us spread awareness of Cardiovascular diseases, the world's number one killer.

Too often, society "blames" the individual's lifestyle choices for his or her CVD. But the environments in which we live, work and play can have a huge effect on our ability to make the right choices for our heart-health.

Strategies to prevent heart disease

You can prevent heart disease by following a heart-healthy lifestyle. Here are strategies to help you protect your heart.

- 🦋 Don't smoke or use tobacco: Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries (atherosclerosis). Carbon monoxide in cigarette smoke replaces some of the oxygen in your blood. When it comes to heart disease prevention, no amount of smoking is safe. The good news, though, is that when you quit smoking, your risk of heart disease drops almost to that of a nonsmoker in about five years.
- 🦋 Exercise for 30 minutes on most days of the week: Getting some regular, daily exercise can reduce your risk of fatal heart disease. And when you combine physical activity with other lifestyle measures, such as maintaining a healthy weight, the payoff is even greater.
- 🦋 Eat a heart-healthy diet: Eating a healthy diet can reduce your risk of heart disease. A diet rich in fruits, vegetables and whole grains can help protect your heart. Beans, other low-fat sources of protein and certain types of fish also can reduce your risk of heart disease. Try to keep saturated fat to no more than 10 percent of your daily calories. And, try to keep trans fat out of your diet altogether.

Major sources of saturated fat include:

- 🦋 Red meat.
- 🦋 Dairy products.
- 🦋 Coconut and palm oils

Sources of trans fat include:

- 🦋 Deep-fried fast foods.
- 🦋 Bakery products.
- 🦋 Packaged snack foods.
- 🦋 Margarines.
- 🦋 Maintain a healthy weight: Excess weight can lead to conditions that increase your chances of heart disease — high blood pressure, high cholesterol and diabetes.

-  Men are considered overweight if their waist measurement is greater than 40 inches (101.6 centimeters, or cm).
-  Women are overweight if their waist measurement is greater than 35 inches (88.9 cm).
-  Reducing your weight by just 5 to 10 percent can help decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.
-  Get enough quality sleep: People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. Most adults need seven to nine hours of sleep each night.
-  Get regular health screenings: Regular screening can tell you what your numbers are and whether you need to take action.
-  Blood pressure. Adults should have their blood pressure checked at least every two years. Optimal blood pressure is less than 120/80 millimeters of mercury.
-  Cholesterol levels. Adults should have their cholesterol measured at least once every five years starting at age 20 if they have risk factors for heart disease, such as obesity or high blood pressure. If you're healthy, you can start having your cholesterol screened at age 35 for men and 45 for women.
-  Diabetes screening.
-  Take your medicine regularly.
-  Talk with your health care provider.

Heart-healthy environments:

Homes:

-  Stock your home with healthy food options.
-  Ban smoking in your home.
-  Be active.
-  Limit TV watching at home.
-  Organize outdoor activities such as cycling, hiking or simply playing in the garden.
-  Recognize your CVD risk.

Community:

-  Increasing quality physical education in schools and childcare facilities.
-  Ensuring schools, workplaces, hospitals and clinics offer healthy, nutritious and affordable food.
-  Demand a smoking ban in your workplace and encourage your employer to provide help to colleagues who want to quit smoking.
-  Make a complaint when you see smoking zones located near playgrounds, schools or close to entrances.
-  Cycle or walk to school or work if you can.
-  Ask for healthy food at your work canteen and children's school.

Nation:

-  Regulate the amount and reach of fast-food advertising on TV and radio.
-  Enact legislation to tax unhealthy foods and support locally produced fruit and vegetables.
-  Enforce regulations for tobacco control and ban its marketing and advertising.
-  Ensure timely detection of CVD and cost-effective treatment to modify risk factors in high-risk individuals.

Reference Links:

-  http://www.cdc.gov/heartdisease/what_you_can_do.htm
-  <http://www.world-heart-federation.org/what-we-do/awareness/world-heart-day-2014-home/about-world-heart-day/>
-  <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502?pg=2>
-  <http://www.world-heart-federation.org/what-we-do/awareness/world-heart-day/heart-healthy-choices/heart-healthy-nations/>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.