

Have a Heart! Health Link

Heart disease, including stroke, is the leading cause of death for both men and women in the U.S. In fact, according to the American Heart Association, heart disease kills about 630,000 Americans every year.

No one wants to think about having a heart attack but recognizing the warning signs could save your life. And, did you know the signs of a heart attack can be different for men and women? Find out what they are <http://www.nhlbi.nih.gov/actintime/haws/haws.htm> And don't forget to take a look at warning signs of stroke http://www.strokeassociation.org/STROKEORG/WarningSigns/Warning-Signs_UCM_308528_SubHomePage.jsp

Let's get right to the heart of the matter. Only a few risk factors for heart disease cannot be controlled. You are at higher risk if you are:

- A woman age 55 or older
- A man age 45 or older
- A person with a family history of early heart disease (before age 60)

The good news is that most risk factors CAN be controlled. Heart disease can be prevented by making positive lifestyle choices:

- Maintain a healthy weight
- Get active and eat healthy
- Quit smoking and avoid secondhand smoke
- Control your cholesterol
- Control your blood pressure
- If you drink alcohol, drink only in moderation
- Manage stress

If managing your cholesterol is easier said than done, take a look at this interactive presentation from the National Library of Medicine that covers what cholesterol is, causes of high cholesterol, treatment options, diet, medications, and even a quiz to test your knowledge <http://www.nlm.nih.gov/medlineplus/tutorials/managingcholesterol/htm/index.htm> Try out some of the delicious heart healthy recipes from the National Heart Lung and Blood Institute (NHLBI) like Baja style salmon tacos or oatmeal pecan pancakes!

<http://hp2010.nhlbihin.net/healthyeating/CategoryList.aspx?AspxAutoDetectCookieSupport=1>

The NHLBI has some terrific information on how to prevent and control coronary heart disease risk factors with many useful links <http://www.nhlbi.nih.gov/health/health-topics/topics/hd/prevent.html>

Heart disease isn't a normal part of aging. You can make a different choice – a choice to eat healthy, exercise, and give your heart what it needs...a long and healthy life!

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