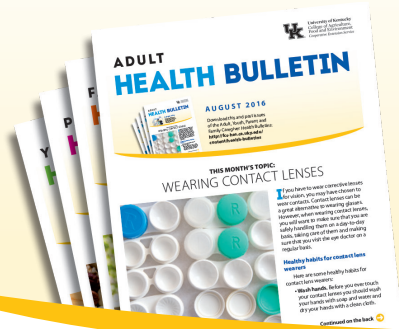


ADULT HEALTH BULLETIN



FEBRUARY 2019

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THIS MONTH'S TOPIC: HEART HEALTH



February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. The term heart disease refers to several types of heart conditions. However, the most common type of heart disease in the United States is coronary artery disease, which affects blood flow to the heart. Decreased blood flow can cause a heart attack.

Lowering your risk of heart disease

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. When you choose healthy behaviors, you lower your heart disease risk while also preventing other serious chronic conditions like diabetes and some kinds of cancer.

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Quit smoking and stay away from secondhand smoke. Cigarette smoking greatly increases your risk for heart disease.



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There are steps you can take to lower your risk:

- **Know your risks**, and talk to your doctor about your family health history.
- **Watch your weight.** Being overweight or obese increases your risk for heart disease.
- **Quit smoking** and stay away from secondhand smoke. Cigarette smoking greatly increases your risk for heart disease.
- **Control your cholesterol and blood pressure.** For most adults the ideal number for blood pressure is 120/80 mmHg. To know your cholesterol, have your cholesterol checked by your doctor and talk with him or her about how your cholesterol affects your overall risk of heart disease.
- **If you drink alcohol, drink in moderation.** Men should have no more than two drinks per day, and women only one.
- **Get active.** Adults should aim for 150 minutes of moderate-intensity physical

activity (like a brisk walk) each week, or about 30 minutes a day, five days a week.

- **Eat well.** Choose healthy options including fruits and vegetables. Limiting salt, saturated fat, and added sugar.

While you cannot change factors like age and family history, even small changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. This February, remind your family and friends to focus on their hearts and take care of their health.

SOURCES:

- <https://healthfinder.gov/NHO/FebAnnounce.aspx>
- <https://www.cdc.gov/features/american-heart-health>
- https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm
- https://www.cdc.gov/heartdisease/healthy_living.htm
- <https://www.goredforwomen.org/en/know-your-risk/know-your-numbers>

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