

# Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

## YOUR HEART IS THE MOST IMPORTANT MUSCLE IN YOUR BODY... ARE YOU TAKING CARE OF IT?

Heart disease is the leading cause of death for both men and women, taking more than 2,200 American lives every day. Today, we know about 50% of Americans have at least one of the three greatest risk factors that cause heart disease: high blood pressure, high (LDL) cholesterol, and tobacco use. Along with these, certain health conditions and lifestyle choices can increase risk of heart disease, including: diabetes, poor diet, physical inactivity, excessive alcohol use, overweight and obesity. There have been countless studies done to help improve heart health and decrease heart disease, beginning with preventative measures.

**Did you know 80% of heart disease and stroke events are preventable?  
Prevention is the key to conquering heart disease.**

**Family Health History** – Knowing if heart disease runs in your family can help you become aware of your own heart health. If there is history of heart disease in your family, you can speak with your physician about further screening options to help detect early signs.

**Regular Exercise** – Your heart is a muscle and like any other muscle exercise helps make it stronger. Whether heart disease runs in your family or not, regular exercise allows your heart to pump blood more efficiently and in turn keeps your body and brain functioning properly!

**Healthy Diet** – Increasing fruits, vegetables, fish, poultry, whole grains, etc. and decreasing red meat, sweets, sodium, fat and cholesterol makes it easier for your heart to do its job. The right fuel can make a large difference!

**Know the Signs and Act Fast Call 9-1-1! Remember seconds count.**

### HEART ATTACK

- ♥ Chest discomfort
- ♥ Discomfort in other areas of upper body
- ♥ Shortness of breath with or without chest discomfort
- ♥ Breaking out in a cold sweat, nausea or light-headedness

### STROKE

- ♥ Sudden weakness or numbness of the face, arm, leg, especially on one side of the body
- ♥ Sudden confusion, trouble speaking or understanding
- ♥ Sudden trouble seeing in one or both eyes
- ♥ Sudden trouble walking, dizziness, or loss of balance
- ♥ Sudden, severe headache with no known cause

### Improving Heart Health

If you have a cardiac/cardiopulmonary condition, talk to your doctor about your treatment plan and ask if Physical or Occupational therapy can help. Cardiac Rehabilitation programs are designed to help you control your symptoms and resume an active and productive life within the limits of your condition.

References: American Heart Association