Heart Health

Heart disease may be silent and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. Some symptoms may include, but are not limited to:

- Heart Attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, fainting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Some risk factors for heart disease are, but not limited to:

- High blood pressure, high cholesterol, smoking, diabetes, overweight and obesity, unhealthy diet, physical inactivity, excessive alcohol use.

Things we can do to help prevent heart issues:

- Quit smoking
- Control health conditions like – high blood pressure, high cholesterol and diabetes
- Exercise at least 30 minutes a day
- Eat a diet that is low in salt and saturated fat.
- Maintain a healthy weight
- Reduce and manage stress
- Practice good hygiene

Keep this in mind: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Always check with your doctor to see what works for you and your lifestyle. YOU must take care of YOU. Make good choices in your life so you can have a HEALTHY HEART!

Some web sites to check for more information:
American Heart Association - https://www.heart.org
CDC Centers for Disease Control and Prevention – https://www.cdc.gov/heartdisease/about.htm

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