



Peak Performance

What Is Heart-Healthy Living?

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Understand your risks for heart disease.
Get your Blood Pressure and Cholesterol checked.
Choose Heart-Healthy Foods
Aim for a Healthy Weight
Manage Stress
Quit Smoking
Get Enough Good Quality Sleep

American Heart Assoc.



WHAT IS A HEART ATTACK

What is a Heart Attack? A heart attack occurs when blood flow that brings oxygen-rich blood to the heart muscle is severely reduced or cut off. This is due to a buildup of fat, cholesterol and other substances (plaque) that narrows coronary arteries. This process is called atherosclerosis. When plaque in a heart artery breaks open, a blood clot forms. The clot can block blood flow. When it completely stops blood flow to part of the heart muscle, that portion of muscle begins to die. Damage increases the longer an artery stays blocked. Once some of the heart muscle dies, permanent heart damage results. The amount of damage to the heart muscle depends on the size of the area supplied by the blocked artery and the time between injury and treatment. The blocked artery should be opened as soon as possible to reduce heart damage.

American Heart Assoc

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How to Stay Active in Cold Weather



When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure!

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

Tips and benefits to keep in mind

There's no heat and humidity to deal with. Winter's chill might even make you feel a awake and invigorated.

You may be able to work out longer in cold weather — which means you can burn even more calories.

It's a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D..

Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

<http://health.com>

Congratulations Peak Performers 3 Quarter 2024

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10 Powerful Ways to Improve Your Heart Health

Even though deaths from heart and circulatory illnesses are declining faster than those from other diseases, it remains one of the leading causes of death worldwide. Here are ten things you can do to Improve Your Heart Health.

1. Reduce your intake of salt.

If you eat a high-salt diet, your blood pressure is likely to be high as well, putting you at an elevated risk of heart disease or stroke. Adults should consume no more than 6g of salt per day, while children should have 3g (2.5g of salt is the equivalent of 1g of sodium). Reduce your salt consumption by avoiding salt at the table and lowering the amount you use in cooking.

2. Consume less sugar

Excess sugar in your diet can cause weight gain, elevating your blood pressure and contributing to diabetes and heart disease. If you have a sweet tooth and can't go without sweets, then consume fresh fruits with yoghurt and avoid high sugar junk like pastries, chocolates and sweet puddings.

3. Reduce consumption of saturated fat

Cholesterol levels are raised by saturated fats, predominantly present in ghee, margarine, dairy fats like cheese & butter, fatty meats, and processed meals like cakes, pastries, and pies.

4. Increase intake of fruits and vegetables

Improve potassium levels in your body by consuming at least five servings of fruits and vegetables daily. How does potassium help? It helps in maintaining your blood pressure levels.

Vitamins, minerals, and fiber content from vegetables and fruits and keep your heart healthy. Let us not forget that citrus fruits, most beans, eggplant and pulses are also high in soluble fiber, which significantly help in lowering cholesterol.

5. Opt for fish

Your doctor must have told you that omega-3 fatty acids are great for heart health. But, why take pills for them when they are naturally available in oily fish like salmon, fresh tuna, mackerel and sardines. Vegetarians can get their complete omega-3 fatty acid from flaxseed and flaxseed oil, wheat germ, spinach, walnuts, canola and soya oil.

6. No smoking. Strictly!

Smokers are twice as likely to die of heart attack as non-smokers, and it is one of the leading causes of cardiovascular diseases. It not only destroys the artery lining but also reduces the amount of oxygen in your circulation and elevates your blood pressure.

7. Limit your alcohol consumption

Alcohol can harm your heart by generating high blood pressure, irregular heart rhythms, and heart muscle damage. Kindly follow the current standards for moderate alcohol consumption.

8. Increase your physical activity

Chances of cardiovascular diseases increase when one is not physically active and are more likely to suffer from heart attack.

9. Maintain a healthy weight

Obesity comes with a disease package, and we are serious. Being overweight means a higher risk of developing high cholesterol, high BP, and type 2 diabetes.

10. Maintain stress control

Life is tuff, we know it too well, but stress and worry do not help. Stress increases inclination towards smoking, drinking alcohol and takes our mind off exercise.

www.nih.gov

8 Surprising Facts About Cholesterol

1. High Cholesterol Rates are Falling

You probably know that high LDL ("bad") cholesterol puts you at risk for heart disease. But you might not know that the prevalence of high LDL in U.S. adults actually fell during the last decade. One reason is greater use of cholesterol-lowering medication by those who need it. There's still plenty of room for improvement, however. Currently, about one in six adults has high cholesterol.

2. There's a Connection With Prostate Cancer

Getting your cholesterol under control can reduce your risk of having a heart attack or needing heart bypass surgery. But there may be other, lesser-known benefits as well. In one study, men with lower cholesterol were less likely to have a deadly form of prostate cancer than those whose cholesterol was high.

3. Cholesterol Affects the Brain

Cholesterol is crucial for healthy brain function, including learning and memory. Yet you can have too much of a good thing. In a recent study, middle-aged volunteers worked on memory tasks while undergoing brain imaging. Those with high cholesterol showed less activity in three of the brain's memory centers.

4. There's a Link With Alzheimer's Disease

There may also be a connection between cholesterol and Alzheimer's disease. In a study in Neurology, researchers looked at brain tissue from autopsies. They found that high cholesterol in the blood was associated with amyloid plaques in the brain—abnormal deposits of protein between brain cells. Such plaques are typical of Alzheimer's.

5. Cholesterol Rises After Menopause

In women before menopause, estrogen helps keep cholesterol in check. But within a year of a woman's last menstrual period, there is often a sharp rise in total and LDL cholesterol. This may help explain why the risk of having a heart attack increases dramatically in women after age 55.

6. You Should Start Testing Early

The chance of having high cholesterol rises as you get older. But problems start young in some people. All adults ages 20 and older should have a cholesterol blood test at least once every five years. Testing is also recommended for some children, including those who are obese or have a strong family history of heart disease.

7. Trans and Saturated Fat Matter, Too

Eating a heart-smart diet is important. And that means more than simply choosing foods with little or no cholesterol. Such foods may still contain saturated or trans fat. These fats actually have the biggest dietary effect on blood cholesterol, so be sure to check for them in the Nutrition Facts on a food's label.

8. Low Cholesterol Is No Guarantee

Cholesterol numbers count. Yet they don't tell the whole story. In fact, a large national study found that nearly half of patients hospitalized for a heart attack had LDL levels in the optimal range. So listen to your cholesterol—but also heed your other risk factors, such as elevated triglycerides, smoking, physical inactivity and high blood pressure.

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We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or email her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 291-7881 or email Laura.Jackson2@WTWco.com for a consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.