

IS IT A STROKE? Call 911



Heart disease is costly. How is your heart doing? Is your heart healthy? The cardiovascular system is complex and dynamic. The blood stream is the fundamental way that substances are delivered and removed from all the tissues of the body. Arteries are vessels that carry blood from the heart. Veins are vessels that carry blood toward the heart. The cardiovascular primary function is transportation around the body. Oxygen from the lungs to body tissues. CO2 from body tissue to lungs. Delivery of nutrients to all cells and tissues of the body. Removal

of waste from the cells and tissues of the body. It helps to circulate hormones and the circulation of defense, healing, immune cells for the repair and

protection of body tissues. There are so many diseases related to the heart. CAD coronary artery disease is the most common type of heart disease. Heart attacks can be a first attack or they can be silent. The damage is done, but the person does not know about it. KNOW the warning signs and symptoms of a heart attack. As plaque builds up in the arteries of a person with heart disease the

inside of the arteries begins to narrow, which leads to or blocks the flow of blood.

KNOW BE FAST: Balance, Eyes, Face, Arm, Speech, and Time.

If that fits-CALL EMERGENCY 911

High blood pressure, high blood cholesterol, and: smoking are key risk factors. But people at higher risk for heart disease include diabetes, elderly, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use all can contribute to heart failure. Afib is an abnormal heart rhythm characterized by rapid and irregular beating of the atrial chambers of the heart. It often begins as short periods of abnormal beating, which become longer or continuous over time. It could also start as heart palpitations, fainting, lightheadedness, loss of consciousness, or shortness of breath. Arrhythmias cause your heart to beat too quickly to slowly, or irregular. Congenital heart defects, heart symptoms caused by a diseased heart muscle, called cardiomyopathy. Heart valve disease which damages the heart valves.

Symptoms of heart issues: chest discomfort, nausea, indigestion, heartburn or stomach pain. Pain that spreads to the arm, feeling light headed, throat or jaw pain, getting exhausted, snoring, sweating, a cough that does not quit, legs, feet and ankles swollen, irregular heartbeat, all can be symptoms of heart problems. Keeping your heart healthy involves physical components that affect cardiovascular fitness, circulation and overall wellness

1. Regular physical activity: aerobic exercise like walking, running, cycling, swimming, strength the heart muscle and improving circulation. You can do some of the chair exercises that are available.
2. Strength training; engaging in muscle strengthening activities at least twice a week help maintain metabolism and supports cardiovascular health.
3. Flexibility and Balance exercises: yoga, tai chi, stretching, single leg stand, calf raises, side-leg raises, bands, support posture and skeletal alignment which reduces stress on the cardiovascular system.
4. Nutrition (physical fuel: Fruits and vegetables, whole grains, lean protein, and healthy fats. Limit saturated fats, trans fats, sodium and added sugars to prevent cardiovascular strain.
5. Adequate Sleep: adults need 7-9 hours of sleep per night. Poor sleep increases the risks of high blood pressure, obesity, and inflammation all linked to heart disease.
6. Avoiding Tobacco and limiting alcohol: Tobacco damages blood vessels and increases heart rate and blood pressure. Moderate alcohol intake can be ok but excess is harmful.
7. Stress Management: chronic stress raises cortisol and adrenaline. Prayer can be an important part of stress management.

There is no one cause for heart disease, but the more risk factors you have can increase your chance of developing heart disease. Eating healthy should not be difficult. There are so many guides, recipes, and ways to eat healthily.

EMERGENCY 911 NON-EMERGENCY NUMBER Bella Vista: 479-855-3771

United Lutheran Members Please take care of yourselves and those you love. If you would like a nurse visit, blood pressure checked, help with understanding doctor or lab reports, or resources give me a call. If you need to be checked out by a non-emergency number, they will come and check you out to see if you are ok or if you need to go to ER.

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

- Charlotte Spencer Parish Nurse