Health & Wellness Newsletter   February 2020

MedPro Group

2201 Benden Drive
Wooster, OH 44691
(330)263-7270

R.David@TheMedProGroup.com

Our Mission is...

To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers

Heart Health

You might not give it much thought throughout the day, but your heart is working around the clock for you. Your heart is the most important muscle in your body because it pumps blood and oxygen to all of your organs.

FEBRUARY IS National HEART DISEASE Awareness Month COURAGE HOPE LOVE FAITH EDUCATE STRENGTH

When your heart doesn't get the care it needs, serious problems can develop in the lining of the arteries, which then lead to plaque formation. Plaque is what leads to heart attacks and blockage of blood flow in the arteries. High blood pressure without treatment can damage your arteries, heart, kidneys, and other organs. It can lead to heart attacks, strokes, and kidneyfailure. It can also cause vision and memory loss, erectile dysfunction, fluid in the lungs, chest pain, circulatory problems, and several other conditions.

Taking action will help you keep your ticker in top shape.

"Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States."

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

Even when you have several risk factors for heart disease, there are things you can do to improve your chances of avoiding it. You know you should eat healthy, exercise, and quit smoking. Here are some other steps you can take:

1. **Go for regular checkups:** At least once a year, get a physical to make sure you haven't developed any conditions that would put you at risk for heart disease, and to make sure you are controlling any conditions you already have.
2. **Keep tabs on your blood pressure and cholesterol:** If you're getting regular checkups, your doctor can help you track this, but you can also use a home blood pressure device or a blood pressure machine in a pharmacy. Your pharmacist can also check your blood pressure.
3. **Manage your diabetes:** If you have diabetes, make sure you're closely watching your blood sugar levels, eating well, and exercising.
4. **Don't skip your medications:** If you're taking medications for blood pressure, cholesterol, or diabetes, take them as directed. If you're having unpleasant side effects, don't stop taking them. Instead, ask about other options.

What are your heart healthy resolutions for the new year?

Sources: https://www.webmd.com/heart/heart-health-tips#1
https://www.cdc.gov/heartdisease/about.htm