

Are You Living a HEART-HEALTHY LIFE?

WHILE MANY who walk through the doors of our cardiology offices already have a heart condition, not all do. For some, they are at the cardiologist because they are concerned about their health, and might have a family history of heart disease or may have been told they are at risk for a heart attack. According to **Rajinder Prasad, MD**, board certified cardiologist with Delaware Cardiovascular Associates at Beebe, “All people can make lifestyle changes to improve their heart health and their overall health.”

MAKE CHANGES FOR YOUR HEART



1 EAT HEALTHY

with a diet high in nutrient-rich foods (vegetables, fruits, whole grains, low-fat proteins) and low in sweets, saturated fats and trans fats.



2 LOWER HIGH BLOOD PRESSURE

by decreasing salt and taking medications as directed.

3

QUIT SMOKING



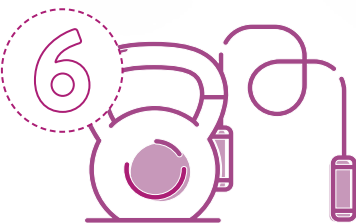
4 LIMIT ALCOHOL

Men: max 2 per day
Women: max 1 a day



5 REDUCE STRESS

— it contributes to high blood pressure and may increase the risk of heart disease.



6 BE PHYSICALLY ACTIVE EVERY DAY.

Aim for three to four 40-minute sessions per week, but start where you are—even if it's only 10 minutes a day at first.

LOW-DOSE ASPIRIN: YES OR NO?

For many years, cardiologists have recommended a daily low-dose aspirin for people who have had a serious heart attack or stroke. However, recent studies found that while regular aspirin use can prevent blood clots, it can also lead to a higher risk of gastrointestinal bleeding. Some patients on the daily low-dose aspirin regimen may end up with stomach issues, pain, or even reflux.

So, should you take it?

Dr. Prasad says it is still a valid treatment. However, those with just a family risk might find more benefit in lifestyle changes instead of a daily pill.

The bottom line: “Talk to your doctor about your concerns and before you make any changes to your medications.”



Beebe offers a Nurse Navigator who can help answer your questions and your heart health and guide you on your health journey. Contact Carrie Snyder at **844.316.3334** or email cardiacnavigator@beebehealthcare.org.

For more information on Beebe Cardiovascular Services, go to www.beebehealthcare.org/service/cardiovascular.



Are you at risk for cardiovascular disease? This online calculator can assess your 10-year risk for atherosclerotic cardiovascular disease (ASCVD).

Visit www.cvriskcalculator.com to learn your risk.