

Diet - A crash diet may work if you're trying to fit into a dress by next month. But if you're trying to improve your heart health, cycling through different fad diets won't help. Focus on lean meats, vegetables, and whole grains to get long-term benefits for your heart and your waistline.

Don't gorge yourself. Overeating will cause you to gain weight, but that's not all. Studies have found that more people have heart attacks after big meals.

Eat less salt. Any type of salt increases your blood pressure. The guideline is no more than a teaspoon of salt a day. If you already have high blood pressure, you should eat even less. And it doesn't just come from the salt shaker. Up to 75% of the salt you eat comes from processed foods such as soups and frozen meals. If food comes in a can or a box, check the sodium content.

Drink in moderation. More than one drink a day for women or two for men increases your risk for heart problems. It drives up blood pressure and can trigger irregular heartbeats in people with atrial fibrillation.



Kevin L. Thomas, MD

Kevin L. Thomas, MD, Associate Professor of Medicine in the Division of Cardiovascular Disease at Duke University Medical Center states, ***“ARM YOURSELF WITH KNOWLEDGE TO EMPOWER YOU TO TAKE CONTROL OF YOUR HEALTH!!!!!!!!!!”***

FOR MORE INFORMATION ABOUT HEART DISEASE:

American Heart Association: www.heart.org or call 1-800-AHA-USA1 (1-800-242-8721)

Centers for Disease Control and Prevention: www.cdc.gov/heartdisease/

REMEMBER the ABC's:

- Learn the **ABC'S** of heart health. Keep them in mind every day and especially when you talk to your health provider:
 - o **A**ppropriate aspirin therapy for those who need it
 - o **B**lood pressure control
 - o **C**holesterol management
 - o **S**moking cessation

Please Donate: Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!



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Thank you.

Health Tip is a message from Community Health Coalition

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!