

## Heart Health

Heart disease is used to describe a range of diseases affecting your heart. The term “heart disease” is often used interchangeably with “cardiovascular disease.” Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to heart attacks, chest pain or strokes.

### Know your Numbers!

#### Blood Pressure

High blood pressure makes the heart work harder and damages the blood vessels. Try to manage your blood pressure with healthy lifestyle habits to reduce your risk of stroke.

#### Cholesterol

When cholesterol levels are too high, you have an increased risk of heart disease, heart attack and stroke. LDL (“bad”) cholesterol causes plaque to build up in the arteries which can block the flow of blood to and from the heart. HDL (“good”) cholesterol can help lower LDL cholesterol and protect the heart. Triglycerides are fats that are found in the blood from extra calories that our body does not need or use. High triglycerides can signal a higher risk for heart disease. See your doctor for regular checkups to monitor your cholesterol levels.

### You Can Make Small Changes Right Now to Reduce Your Risk!

#### Maintain a Healthy Weight

Even taking off a few pounds can provide cardiovascular benefits. Focus on eating a healthy diet and increasing physical activity to lose the extra weight.

#### Eat a Heart-Healthy Diet

Eating a heart-healthy diet can reduce your risk for heart disease. Eat more fiber; it helps reduce cholesterol and manage weight.

#### Get Moving!

Regular physical activity can help you control cholesterol and blood pressure and maintain a healthy weight.

#### Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. Speak with your physician to understand what method of quitting may be the best for you.

#### Manage Stress

Stress can have many health implications, especially for the heart. Creating new healthy habits can help you cope with stress.

### Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultants<sup>SM</sup> can assist you with your concerns at: **844-346-6682**

Online: [guidanceresources.com](http://guidanceresources.com)

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# HEART HEALTH

## How to Lower Your Risk for Heart Disease

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- > Maintain a healthy weight
- > Eat a heart-healthy diet
- > Get moving!
- > Stop smoking
- > Manage stress

## February

BLACK HISTORY MONTH – BANANA MONTH – HEART HEALTH MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
1	2	3	4	5	6	7

CONFIDENTIAL SUPPORT, EXPERT INFORMATION AND VALUABLE RESOURCES FOR EVERY ASPECT OF YOUR LIFE, AT NO COST TO YOU, 24 HOURS A DAY, 7 DAYS A WEEK.

For more information on this and other topics contact [GuidanceResources®](#) or your HR department.

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