

HUNGER AND HEALTH



COALITION

I was Just Diagnosed with Heart Disease, Now What?...

Heart disease can be managed with a combination of lifestyle changes and medications. With the correct treatment, symptoms can be reduced and your heart function will improve.

What is Heart Disease?

Heart Disease refers to several different types of heart conditions including diseased vessels, structural problems, and blood clots.

The most common is coronary artery disease, which can cause a heart attack. Coronary artery disease occurs when plaque builds up in your arteries. Over time, those arteries can narrow, which reduces blood flow to your heart and puts you at danger for heart attack.

Tips for a new Heart Disease Diagnosis:

Quit Smoking

Smoking increases the formation of plaque in blood vessels. This is because chemicals in cigarette smoke cause the blood to thicken and form clots inside veins and arteries.

People who quit smoking are more likely to have their heart disease symptoms improve.

Exercise Regularly

Getting regular exercise when you have heart disease is very important, as it can make your heart muscle stronger. It can also help lower your blood pressure and cholesterol. Find a form of physical activity you find enjoyable, and include this as apart of your daily routine.

Eat a Heart Healthy Diet

A heart healthy diet emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and healthy oils (like olive oil). Also, limit saturated fat, trans fat, cholesterol, sodium, red meat, sweets and sugar-sweetened beverages.

Limit Alcohol and Caffeine Intake

If you drink alcohol, do so in moderation. This means no more than one to two drinks per day for men and one drink per day for women.

Caffeine should be consumed in moderation as well. Limit coffee consumption to one or two cups per day.