

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: February 2022

Health Is Where the Heart Is...

Did you know that cardiovascular disease causes an average of one death every 37 seconds in the United States? It claims as many lives as cancer, chronic lung disease, accidents, and diabetes combined. Keeping your heart healthy may be one of the more important challenges you take on as you age. Individuals who have a history of heart disease in their family may already be at risk through genetics. Individuals who suffer from uncontrolled diabetes, or uncontrolled blood pressure, high cholesterol levels, smokers, and frequent drinkers, are all risk factors that increase your chances of developing heart disease over time. Luckily, the human body is resilient and some small changes in every day habits may help you improve your hearts health for the future. Her are some tips:

- **Reduce stress**
 - Controlled breathing, meditation, relaxation, naps (not on the clock), walks outside and getting natural sunshine are all proven to be everyday stress relievers.
- **Exercise**
 - Aside from being a natural stress reliever, exercising is critically important the older we get. Not being able to pick yourself off the floor if you fall or get into a full body squat is the number one reason individuals are admitted to assisted living. 30 min. a day will keep the doctor away...
- **Eating**
 - Heart healthy items include high-fiber foods and certain fats like olive oil or fish oils. Handful of almonds as a snack or fish twice a week can work wonders for your heart health. Consult a nutritionist for more details on the type of eating your heart might benefit from.
- **Donate Blood**
 - Giving blood at least once a year could reduce your risk of heart attack by 88 percent, according to a study conducted by the American Journal of Epidemiology.
- **Moderate Alcohol Consumption**
 - More is not always better. If one glass of wine a night is good for the heart, then 3 glasses a night must be GREAT for the heart, right? Wrong! If an individual chooses to drink it is recommended that a moderate consumption rate is ideal. Moderate is 2-4 drinks a week.

HEALTHY OR SAFETY REMINDER: Be sure to visit with your healthcare provider if you have questions about heart health. According to the CDC 40 percent of the US top 5 leading causes of death are preventable. Schedule your annual physical to help catch preventable diseases before they cause harm.

Discussion Points/Quiz Questions:

1. True or False: Heart disease causes an average of one death a day in the United States?
False: One death every 37 seconds.
2. True or False: Donating blood is high risk and a way to get diseases?
False: Donating blood has many health benefits and is safe for all types.