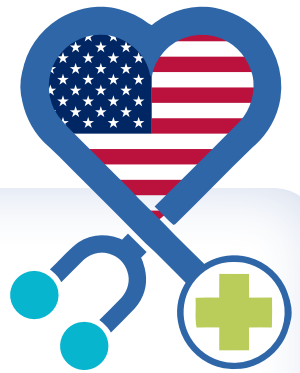


# February is American Heart Month



According to the Centers for Disease Control (CDC), Heart Disease is the leading cause of death for men and women. About 647,000 Americans die from heart disease each year – that’s 1 in every 4 deaths.

**The good news?** Heart Disease can often be prevented when people make healthy choices and manage their conditions.

## Preventing Heart Disease

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Eat a healthy diet high in fresh fruits, vegetables and fiber and low in processed food, saturated fat, sodium and sugar
- Maintain a healthy weight
- Do physical activity of moderate intensity for 30 minutes, five days a week such as bicycling or brisk walking
- Don’t smoke
- Limit alcohol intake
- If you are on blood pressure medicine, remember to take it!



## Heart Healthy Tips

- Enjoy your meals, but cut down on your portion size and avoid ‘super-sized’
- Choose fish, poultry (without skin) or lean cuts of red meat
- Choose fruits and vegetables for half your plate
- Drink 1% or fat-free milk
- Make half your grains whole grain
- Limit sodium intake to 2,300mg per day or less
- Drink at least 8-10 glasses of water per day
- Choose unsaturated fats (olive oil) over saturated fats (butter)

## On-Site Screenings and Classes

Please see the 2020 Wellness Fair flier for details of the on-site events planned for February 19th and 20th.

## FREE Online Heart Health Assessment

Visit the [Doctors Medical Center website](#) to take a free online Heart Health Assessment to evaluate your risk of cardiovascular disease and begin a journey to a better you.

## Know Your Numbers!

BLOOD PRESSURE CATEGORY	SYSTOLIC (upper number)		DIASTOLIC (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

American Heart Association 2019

## Heart Disease Risk Factors

- **High Blood Pressure** – Having uncontrolled high blood pressure is one of the biggest risks for heart disease and stroke.
- **High Blood Cholesterol** – Increases your risk of heart disease. Diabetes, obesity, smoking, eating unhealthy foods and not getting enough physical activity contribute to unhealthy cholesterol.
- **Smoking** – Damages the blood vessels and can cause heart disease.
- **Obesity** – Carrying extra weight puts stress on your heart.
- **Diabetes** – Causes sugar to build up in the blood which can damage blood vessels and nerves that help control the heart muscle.
- **Physical Inactivity** – Staying physically active helps keep the heart and blood vessels healthy.
- **Unhealthy Eating** – Sodium increases blood pressure. Diets high in trans-fat, saturated fat and sugar increase the risk for heart disease.



HEART  
NOTES



Celebrate Heart Month and stay informed with helpful tips and ideas to help you show your heart some love. In just four weekly emails, you'll learn 29 ways to begin heart-healthy habits that can benefit you all year long.

Sign up for Heart Notes  
[dmc-modesto.com/heartnotes](https://dmc-modesto.com/heartnotes)

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