



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health AWAREness at the Center for Health and Well-Being

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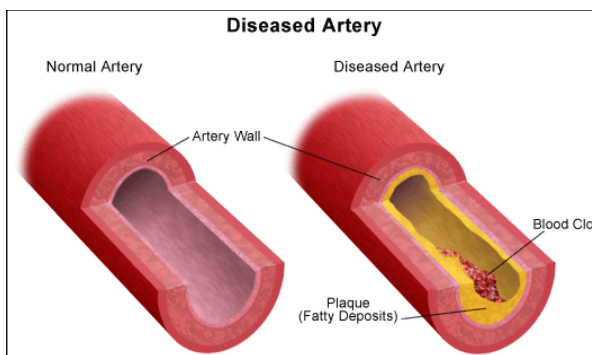
Heart Health



Your heart is the key organ in the circulatory system. Did you know it beats about 100,000 times a day which is more than 30 million times per year? Your heart works hard to keep your body functioning. Find out what you can do to keep your heart healthy — not just during American Heart Health Month (February), but all year long!

What is Cardiovascular Disease?

Heart and blood vessel disease — or cardiovascular disease — includes numerous problems related to a process called atherosclerosis: a condition that develops when plaque builds up in the walls of the arteries, making it harder for blood to flow through the arteries. If a blood clot forms, it can stop the blood flow and can cause a heart attack and strokes.



What are the risk factors?

- ◆ **Age** – increases risk
- ◆ **Gender** – though males are more likely to contract the disease, it affects millions of women as well
- ◆ **Family history** – this is especially true if a close relative was diagnosed at an early age
- ◆ **Smoking** - (whether smoking or chewing tobacco) Nicotine constricts blood vessels and carbon monoxide can damage their inner lining
- ◆ **Poor diet** - A diet high in fat, salt, and cholesterol

But that only happens to older people, right?

Wrong. While heart disease is more common in older adults, it also occurs in young people as well. One in 20 people below the age of 40 has heart disease. Most arteries begin to clog in late childhood and early adolescence. For those with a family history of heart disease, it is important to get regular checkups starting in the teen years. Those with a family history should also start monitoring their cholesterol intake even before reaching adolescence.

Love Your Heart? Love Your Lungs!

For more information or for help quitting tobacco, contact:
Alcohol, Tobacco, and Other Drugs
at the Center for Health and Well-Being.

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Wouldn't I know if I had it?

Maybe not, that is why it is called the 'silent killer'. Unless you have a parent who has developed heart disease at a young age, you may not realize you are at risk.

So how can I lower my risk?

To prevent cardiovascular disease remember your **ABC's!**

- ◆ **Avoid unhealthy choices:** If you smoke, quit. It's tough to do but it is even tougher to recover from a heart attack or live with chronic heart disease. Practice stress management.
- ◆ **Be physically active:** research has shown at least 30 minutes of physical activity, five or more days of the week, can help lower blood pressure, lower cholesterol, and keep your weight at a healthy level.
- ◆ **Choose a healthy diet** rich in vegetables, fruits, whole grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products.

For more information you can visit the following websites:

<http://www.heart.org/>
http://www.umm.edu/features/heart_Q%26A.htm
<http://www.mayoclinic.com/health/sudden-death/HB00092>
<http://www.world-heart-federation.org>