

HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

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Heart Aware

Your Life. Your Health. Your Move.

Heart Disease:

- 1 in 3 deaths in the United States is due to heart disease. About one-third of heart disease deaths occurred before age 75
- It kills more people each year than all forms of cancer and lung diseases
- Most widespread and costly health problems facing our nation today
- On a personal level, families who experience heart disease or stroke have to deal with not only medical bills but also lost wages and the real potential of a decreased standard of living

Things to do EVERY DAY to Keep Your Heart Healthy:

- Eat healthy fats, not trans fats
- Practice good dental hygiene, especially daily flossing (dental hygiene is related to heart disease)
- Get enough sleep
- Don't sit for too long at one time
- Avoid second hand smoke

Prevention-What is HeartAware:

- Free online assessment
- 7 minutes
- Offered by the Centra Streeboobants Cardiovascular Center
- Tool that measures your **personal risk** for heart disease
- Assesses and identifies your risk as low, medium, or high



Risk Profile:

- At the end of the assessment you will receive a personalized risk profile
- This can help you...
 - Assess your heart health status
 - Identify factors in your life that may lead to heart disease
 - Take action and reduce your risk
 - Obtain free education by e-mail about your specific health and risk, if you choose

What if I'm at Risk?

- A nurse will contact you to set up an appointment for a FREE screening
- The nurse will go over your results
 - Identify your risks and how they can be changed
 - May recommend you see a family doctor or cardiologist
- Screening includes:
 - Blood pressure reading
 - Blood fat and blood sugar test
 - Height
 - Weight
 - Body Mass Index
 - Waist measurement
 - Body fat analysis

PREVENTION! Take the Assessment

- To take the assessment visit <http://ha.healthawareservices.com/ra/survey/529>

***Above all else, guard your heart,
for everything you do flows from it
Proverbs 4:23***