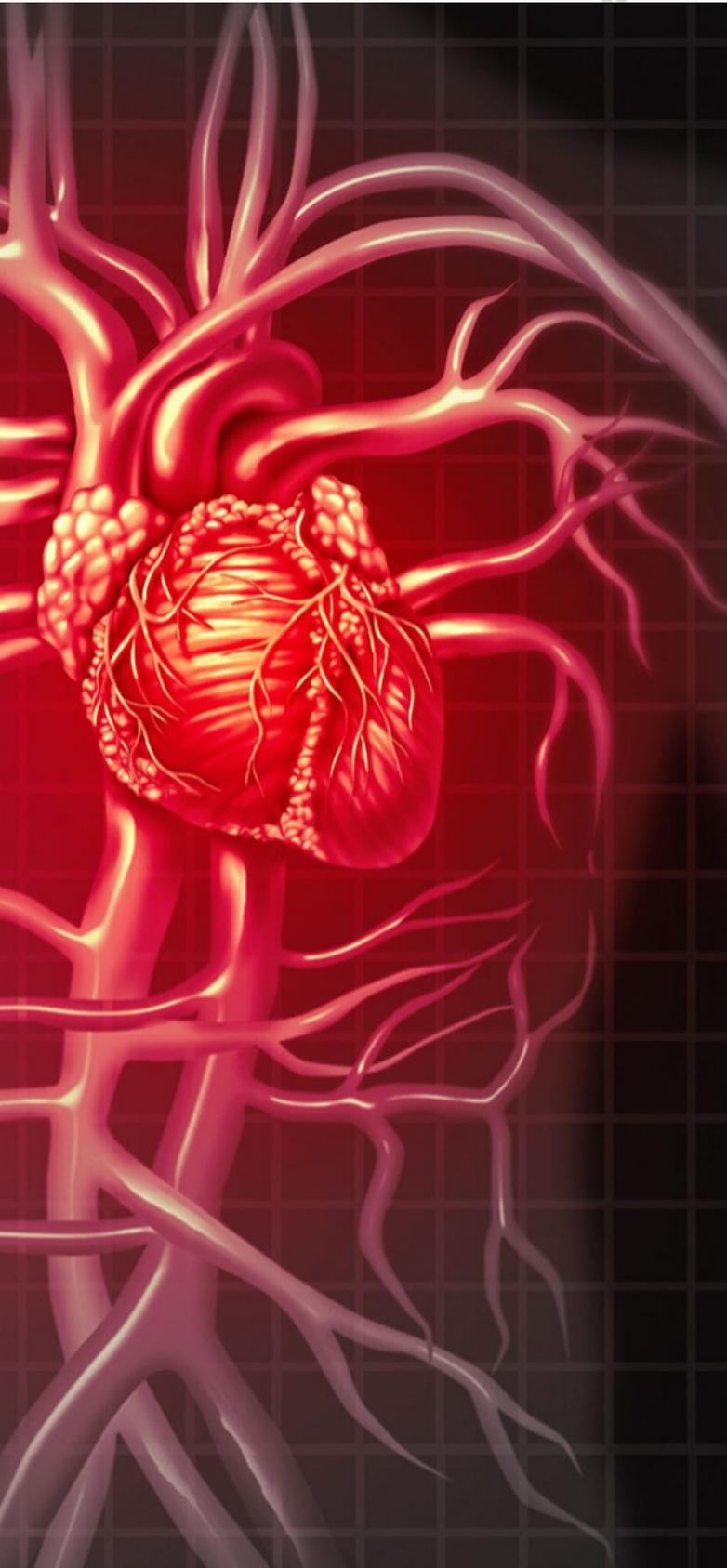


# THE PULSE

EnRICHing the lives of individuals we serve and keeping a pulse on healthcare integration at RBHA



## FEBRUARY IS HEART DISEASE AWARENESS MONTH

Approximately 647,000 Americans die from heart disease every year. **Heart disease is the leading cause of death for men and women in the United States.**

Heart disease describes a wide range of conditions that affect the heart, such as coronary artery disease, heart rhythm problems, and congenital heart defects. Cardiovascular disease refers to conditions that involve narrowed or blocked blood that can lead to a heart attack or stroke.

Risk factors for developing heart disease include: age, gender, family history, smoking, poor diet, high blood pressure, high blood cholesterol levels, diabetes, obesity, physical inactivity, stress, and poor hygiene. Complications of heart disease include heart failure, heart attack, stroke, aneurysm, peripheral artery disease, and sudden cardiac arrest. **Seek emergency medical care immediately if you or someone you know is experiencing chest pain, shortness of breath, and/or fainting.**

For more information visit the American Heart Association website at <https://www.heart.org/>

### A LOOK AT THIS ISSUE:

- HEART HEALTH: MOVE MORE - PAGE 2
- HEART HEALTHY EATING - PAGE 3
- IT'S FLU SEASON! - PAGE 4

# Move More

## Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

### How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

**Can't carve out a lot of time in your day? Don't **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.**



### Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

### You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

### Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

### Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

**All adults should avoid inactivity. Start gradually and increase slowly.**

Learn more about:

**CDC Target Heart Rate and Estimated Maximum Heart Rate**

**Different types of physical activity.**

**Recommendations for children, older people, and pregnant women.**



# HEART HEALTHY EATING

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Being overweight is hard on the heart. It increases the risk of having heart disease, a stroke, high blood cholesterol, high blood pressure, and diabetes. Choosing heart healthy foods and getting regular exercise will greatly help with heart health.

No matter if it's reversing years of unhealthy eating or just fine tuning an existing diet plan, the following foods should help create a heart healthy diet.

- Eating fresh or frozen vegetables and fruits
- Eating whole grains
- Eating fish, poultry, beans, and nuts
- Eating fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners

Portion control is very important. When going out to eat with friends try to skip the all-you-can-eat restaurant, where people tend to overeat. Remember vegetables and fruits are low in calories and rich in dietary fibers. If fast food is the only option, ask for a side salad instead of fries. Also do not get the "deluxe" sandwich or up-size the order to large. Bring a salad or a dish low in fat to potlucks and parties to give yourself some healthy options to fill up on. In addition, try the Dietary Approaches to Stop Hypertension (DASH) for heart healthy recipes at [healthyeating.nih.gov/](https://www.healthyeating.nih.gov/).





# FLU VACCINATIONS ARE IN THE RICH RECOVERY CLINIC!

OTHER IMMUNIZATIONS ALSO AVAILABLE IN  
THE RICH RECOVERY CLINIC:



- HEPATITIS A, B, & C
- MENINGOCOCCAL
- TETANUS
- HPV
- MEASLES
- PNEUMOCOCCAL
- SHINGLES

TO MAKE AN APPOINTMENT TO THE RICH RECOVERY CLINIC,  
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