

Heart Healthy Tips

Coronary artery disease causes more than 1 million heart attacks each year. Heart disease remains the leading cause of death for men and women. It is important that you know your risk factors for heart disease and take steps to lower your risk.

Some things are out of our control such as gender, age, family history, race and being post-menopausal. But there are many risk factors that are in our control. Controllable risk factors include:

- **Smoking** – Quit Smoking! Smokers have more than twice the risk for heart attack as non-smokers. Call us today to learn more about Jupiter Medical Center’s smoking cessation program.
- **Cholesterol** – Improve Cholesterol Levels! Know your numbers; discuss them with your healthcare provider and understand what they mean.
- **Uncontrolled Hypertension (high blood pressure)** - Control Your Blood Pressure! Over 60 million Americans have high blood pressure which is the most common heart disease risk factor. Know your numbers. If you have high blood pressure it can be controlled through diet, exercise, weight management and if needed, medications.
- **Physical inactivity** – Get Active! People who don’t exercise have higher death rates and heart disease compared to people who perform even mild to moderate amounts of physical activity. To learn more about Jupiter Medical Center’s wellness programs, call us or fill out our online form.
- **Obesity** – Maintain A Healthy Weight! Excess weight puts a strain on your heart and contributes to other heart disease risk factors such as diabetes, high blood pressure and high cholesterol. Jupiter Medical Center’s weight management program can help, contact us today!
- **Eat Right** – Adopt a Heart Healthy Diet! A diet low in salt, saturated fat, trans fat, cholesterol and refined sugars. Eat plant based foods such as fruit and vegetables, nuts and whole grains. Jupiter Medical Center offers monthly nutrition classes, call us today to learn more!
- **Uncontrolled diabetes** – Control it! If you are struggling with diabetes, Jupiter Medical Center’s Diabetes Education team can help.
- **Stress** – Manage Your Stress Effectively! Stress that is uncontrolled can lead to heart attack and strokes. Use stress management techniques to lower your risk. Practice relaxation techniques, learn how to manage your time, set realistic goals and try something new such as massage, T’ai Chi or Yoga.