



HOW TO KEEP YOUR HEART HEALTHY

Everyone knows the heart is one of the most important organs in the human body.

About the size of a fist, the heart is also one of the hardest working organs. It pumps blood throughout the body, delivering oxygen and nourishment to our organs, including the brain. This is why exercise is thought to help reduce the risk of Alzheimer's disease and dementia - it increases the heart rate which enhances the flow of oxygen to the brain and other vital organs.

Heart disease is the #1 cause of death in the United States. It claims more lives than all types of cancer combined and every 60 seconds, someone dies from a heart disease related event.

Clearly, the human heart is crucial to living a healthy life. So what are the keys to taking care of your heart? Here are Life's Simple Seven from the American Heart Association:

1

Manage blood pressure.

High blood pressure is a major risk factor for heart disease and stroke. Reduce the strain on your heart, arteries, and kidneys by keep your blood pressure within a healthy range.

2

Control cholesterol.

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. Low cholesterol gives your arteries the best chance to remain clear of blockages.

3

Reduce blood sugar.

Most of the food we eat is turned into glucose, or blood sugar, that our bodies use for energy. High levels of blood sugar can damage your heart, kidneys, eyes and nerves over time.

4

Stop smoking.

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

5

Lose weight.

Maintaining a healthy weight reduces the burden on your heart, lungs, blood vessels and bones.

6

Eat better.

A healthy diet is one of the best weapons for fighting cardiovascular disease.

7

Get active.

Daily physical activity increases your length and quality of life.



There are many ways to help keep our hearts beating strong, and a great deal are simple lifestyle choices. To learn more about heart health and prevention of heart disease, visit the American Heart Association at www.heart.org.



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