

Nursing Matters

Cache County School District
Nursing Department

February is American Heart Month

Learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.

According to the CDC cardiovascular disease (CVD)- including heart disease, stroke, and high blood pressure- is the number 1 killer of both men and women in the U.S.

Stop smoking-no ifs, ands, or (cigarette) butts.

Focus on the middle. Carrying too much weight around the middle raises blood pressure, affects blood lipids, and does other damage to the heart.

Go fish. Studies have shown that including fish with omega-3 fatty acids into your diet can reduce the risk of dying from heart disease by a third or more.

LOL. No-really... Laugh Out Loud. Laughter has been shown to reduce the stress that damages the lining of blood vessels.

Shun the salt. Most of our high salt intake comes from processed and restaurant prepared foods.



Eat Chocolate!

Guilt Free! Rich dark chocolate tastes delicious- also contains flavonoids which help protect the heart from disease.

Take it One Step at a Time

- *Diet
- *Physical Activity
- *Tobacco use
- *Obesity
- *High blood pressure
- *High blood cholesterol
- *Diabetes

Go nuts. Substituting saturated fats with fat from nuts helps reduce bad (LDL) cholesterol.

Cut the Fat. Keep your fat intake to no more than 30% of your daily calories.

Move it, Move it, Move it! Being a couch potato has an unhealthy influence on blood fats and blood sugar. During the work day, schedule “moving breaks”.

Make time for breakfast. This is the one meal you shouldn't skip. Whole grains, low-fat protein, low-fat dairy, and fruits and veggies.

Smile! Good dental hygiene may affect your overall health. Several types of CVD may be connected to your oral health.

Find your happy place. Those who are happy tend to have lower levels of harmful and stress-inducing chemicals.



February is a good time to show yourself some LOVE...

For more great information please visit [Healthline.com](https://www.healthline.com)



We're hearing great things from our “walkers”!
Go to HEALTH! (one step at a time...)