

FEBRUARY NEWS 2022

Empowering you with information for
your emotional and physical wellbeing

American Heart Month

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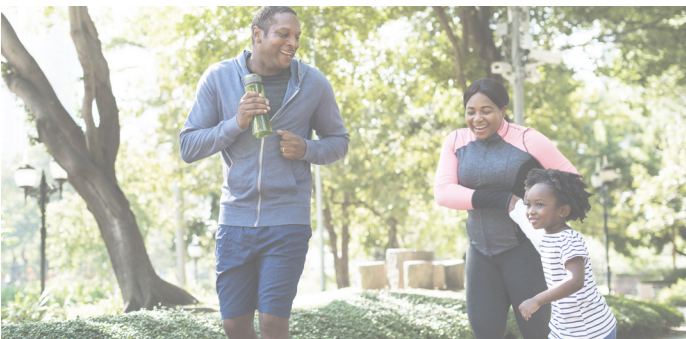
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Every 40 seconds, a loved one has a heart attack or stroke.

Heart disease is the leading cause of death in the U.S. although it is preventable. Primary risk factors for heart disease and stroke are high blood pressure, high LDL cholesterol, smoking, diabetes, being overweight, unhealthy diet, and lack of physical activity. Age and family history are risk factors that cannot be controlled.

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Heart Health Facts



Heart disease is the leading cause of death for both men and women in U.S.

It is the leading cause of death for most racial/ethnic groups including whites, African Americans, Middle Eastern, and Asian Americans.



Heart disease can be prevented even with a family history

Your diet, blood pressure, cholesterol, weight, and smoking are all lifestyle factors and can be improved.



Losing weight reduces your heart's workload

A 5-10% body weight loss will result in better blood pressure, improved heart function, decreased cholesterol, and diabetes risk.



Bad dental habits tied to higher heart risk

There is an association between oral health and heart disease. See your dentist regularly to prevent gum inflammation and disease or tooth damage.



Our hands can save a life

Dial 911 if you think someone is having a heart attack. Contact your local Heart Association or Red Cross to learn CPR. Find a training program here: <https://tinyurl.com/yckw7ye4>



Use F.A.S.T. to spot a stroke

F = Face Drooping
A = Arm Weakness
S = Speech Difficulty
T = Time to call 911.

TIPS FOR A HEALTHY HEART

HAVE & HAVE NOTS

About 50% of U.S. adults have some form of heart disease.

PLANT POWER

Purchase whole fruits and vegetables—eat raw, roasted, or sauteed. Include at least one fruit, or vegetable with each meal. For a seasonal produce guide, visit <https://tinyurl.com/s9uxrxwe>

TYPE 2 = TWICE THE RISK

People with Type 2 diabetes have double the risk of developing and dying from heart disease.

HALT THE SALT

High salt intake raises blood pressure. Commercial food preparation – rather than salt added at home – is a major source of salt overconsumption.

ASSESSING WEIGHT

66% of U.S. adults are overweight. 40% are obese, which is one of the biggest risk factors for heart disease. Check your BMI here: <https://tinyurl.com/5799kdtr>

FILL UP ON FIBER

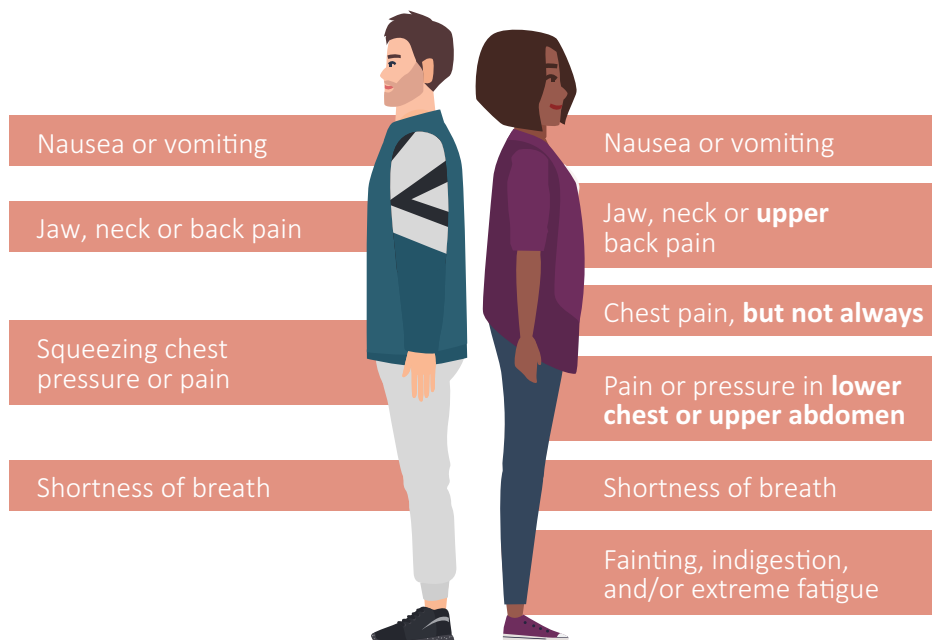
Fiber improves heart health by lowering both BP and cholesterol. It fills you up which helps you eat less and perhaps lose weight.

Women's Heart Health

WOMEN & HEART DISEASE

- » Heart disease is the leading cause of death for women in the United States.
- » Despite increases in awareness over the past decade, only **54%** of women recognize that heart disease is their number 1 killer.
- » While **1 in 31** American women dies from breast cancer each year, heart disease is the cause of **1 out of every 3** female deaths. That's roughly one death each minute.
- » Fewer women than men survive their first heart attack.
- » **90%** of women have one or more risk factors for developing heart disease or stroke.
- » **80%** of heart disease and stroke events may be prevented by lifestyle changes and education.

MEN VS. WOMEN HEART ATTACK SYMPTOMS

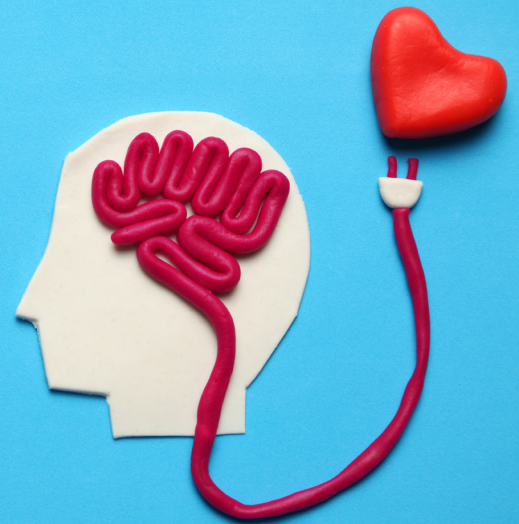


Digital Apps for Heart Health

Digital apps on our smart phones and watches are a great way to get the pulse on your heart health. With digital tools, you can:

- » Monitor your heart rate and fitness.
- » Track your diet and water intake.
- » Set alerts for medication.
- » Practice breathing and mindfulness.





Mental Health & Heart Disease

Mental health can positively or negatively impact your physical health and risk factors for heart disease and stroke.

- » If you live with anxiety or depression, it can increase your chances of developing heart disease.
- » Stressors such as social isolation, loneliness, work stress, or personal problems can also affect your mental health.
- » Anxiety and depression in people with heart disease can be managed safely and effectively.

- 68% of people with a heart condition said it had affected them mentally and emotionally. -

Mental health conditions like anxiety, chronic stress, depression, anger, and dissatisfaction with life are associated with potentially harmful responses in our bodies. These can include irregular heart rate and rhythm, increased digestive problems, increased blood pressure, inflammation, and reduced blood flow to the heart – all symptoms and causes of heart disease.

People with positive mental health are more likely to have lower blood pressure, better glucose control, less inflammation, and lower cholesterol – all health factors linked to a lower risk of developing heart disease or improving existing heart conditions.

Fortunately, there are many ways you can improve your mental health and physical health and manage stress (which is key to achieving positive mental health):

- » **Exercise regularly.** It can relieve stress, tension, anxiety, and depression. Consider a nature walk, meditation or yoga.
- » **Make time for friends and family.** It's important to maintain social connections and talk with people you trust.
- » **Get enough sleep.** Aim for seven to nine hours a night.
- » **Maintain a positive attitude.**
- » **Practice relaxation techniques** while listening to music.
- » **Find a stimulating hobby** that can be fun and distract you from negative thoughts or worries.

Figuring out how to reduce stress and incorporate these self-care habits into your daily life can be challenging. As with most things in life, you may hit a few bumps in the road, don't go at it alone. Contact your employer's Employee Assistance Program and/or primary care doctor for support.

Resources & Events



This Month's Featured Webinar

Family Ties

In this day and age when everyone is plugged in - what affect is that taking on the members of the family especially the children? Connecting as a family on all levels is key to how children behave in social settings and later in life. Communication skills, dealing with life issues and how they conduct themselves is a learned behavior from parents and other family members.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services". Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

This Month's Featured Blog

Heart Smart

Learn about tracking your heart health with digital tools.

Read Now:

<https://uprisehealth.com/resources/heart-smart-2/>

National Wear Red Day

February 4, 2022

Show your support for American Heart Month as everyone across the country dons the color red in order to raise awareness about the risk of heart disease and strokes. So put on your reddest red — whether it be a lipstick, a pair of pants, or your favorite hat — and paint the city red.

Random Acts of Kindness Week

February 13-19, 2022

Random Acts of Kindness (RAK) Week is celebrated worldwide to encourage acts of kindness. Everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life. When we tune into kindness happening around us, life seems a little brighter. Let's join together in our community with some fun ideas to #MakeKindnesstheNorm.

Visit <https://www.randomactsofkindness.org/> for free inspiration and resources.