



MARCH 2019

Wellness Matters

Brought to you by INTEGRITY CONSULTING GROUP

Your Healthy Body

Keep Your Heartbeat Strong

Heart disease is a common term for coronary artery disease. It is the number one cause of death in both men and women over the age of 60 in the United States.

Causes

Heart disease is caused by atherosclerosis—a buildup of plaque in the inner walls of the arteries—which narrows, slows, or blocks the flow of blood to the heart.

Risk Factors

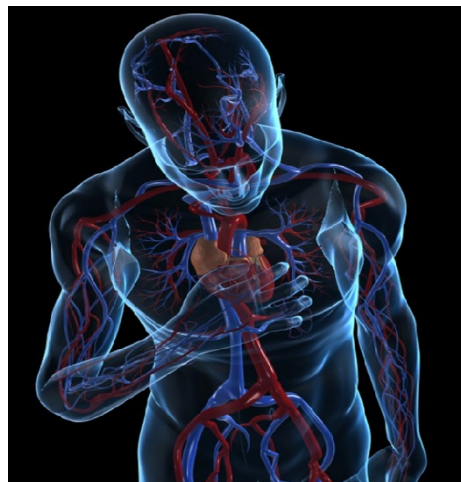
Controllable risk factors for heart disease include:

- ♥ High blood pressure
- ♥ High LDL cholesterol
- ♥ Type 2 diabetes
- ♥ Smoking
- ♥ Being overweight or obese
- ♥ Lack of physical activity
- ♥ Illegal drug use

Warning Signs

Symptoms depend on the type

and severity of the disease. Common signs and symptom can include shortness of breath, dizziness, chest pain or discomfort, heart palpitations,



weakness, or fatigue.

Contact your doctor if you experience new symptoms or if they become more frequent or severe.

Treatment

The goals of treatment for heart disease are to relieve symptoms, control or reduce risk factors, stop or slow further damage to the arteries, and prevent and treat cardiac events. Treatment includes several options:

- ♥ Self-care and prevention
- ♥ Medications
- ♥ Procedures to open or bypass blocked or narrowed arteries
- ♥ Cardiac rehabilitation

Self-care and Prevention

Follow a healthy lifestyle to help prevent heart disease:

- ♥ Get regular check-ups
- ♥ Don't smoke
- ♥ Maintain a healthy weight
- ♥ Take medications as prescribed
- ♥ Ask your doctor about low-dose aspirin therapy
- ♥ Watch for signs of diabetes and see your doctor if you have any symptoms
- ♥ Follow a diet low in saturated fats, trans fats and cholesterol
- ♥ Limit sodium intake to 1,500 to 2,400 milligrams per day
- ♥ Exercise regularly
- ♥ Manage stress by practicing relaxation techniques
- ♥ Drink alcohol in moderation

Keep your heart strong!
Learn more about heart disease and prevention at heart.org.

Give Your Body A Break

When it comes to exercising, there's a difference between pushing yourself to your limits and overexerting yourself. Oftentimes, this difference is very small, which is why it's so important to know when your body needs a break:

1. **You're always tired.** If you're constantly fatigued, even after getting enough sleep, chances you're working your body too hard.
2. **You're always sore.** A little bit of muscle soreness that occurs 24-48 hours after your workout isn't necessarily a bad thing—it means your workout was effective. However, extensive or prolonged soreness means you're overtraining your body.
3. **You're feeling stiff.** Doing the same exercises, particularly running on hard surfaces, can wreak havoc on your joints. This is especially true if you don't give yourself enough time to recover. That's why having a rest day is so important.

So take a rest day now and then. For more information, talk to your doctor.

2 Ways to Make the Most of Your Rest Day

- Use a foam roller to release built-up lactic acid and increase blood flow to your muscles
- Do yoga or stretch to relieve soreness and increase flexibility



Healthy & Delicious An Apple A Day...

Did you know that apples contain nutrients and vitamins that may work to prevent disease? Add an apple into your diet each day!

- Boron, an ingredient in apples, is known to strengthen bones.
- Need to brush your teeth but don't have a toothbrush? Eat an apple! Known as "nature's toothbrush," apples stimulate the salivary glands, which aid in cleaning the teeth.
- Research has shown that the components in apples significantly lower the risk of colon, liver, lung, and breast cancers.
- Pectin in apples lowers LDL (or "bad") cholesterol. Those who eat just two apples per day can lower their cholesterol by as much as 16 percent.
- Brazilian researchers discovered that women who ate three apples per day while dieting lost more weight than those who ate no fruit.
- At only 80 calories, five grams of fiber, and no fat, an apple makes for a perfect snack.