LARIMER COUNTY

FEBRUARY 2023

HEALTH UPDATE
How to Prevent and Manage Cardiovascular Disease

HEART SMARTS

Nearly 48% of Americans live with heart disease. The good news is, 80% of cases are preventable.

Begin with these tips to help prevent or manage the effects of heart disease.

START AND END YOUR DAY WITH MOVEMENT

The leading cause of heart disease is uncontrolled high blood pressure and high cholesterol. Experts recommend exercising for at least 30 minutes a day to support your heart health. Take a brisk 15-minute walk twice a day during your work week. This will help lower your blood pressure by reducing blood vessel stiffness and improve your "good" high-density lipoprotein (HDL) cholesterol levels.

PRIORITIZE VARIETY IN YOUR DIET

Foods that are rich in fiber, healthy fats, and lower in sodium can support a healthy heart. Balance your diet with vegetables such as leafy greens, tomatoes, beans, and carrots—including fresh, frozen, or dried options. Substitute common saturated fats like butter, cheese, and red meat with healthier fats such as seafood, nuts, seeds, and avocados. When possible, opt for fresh, in-season foods **local to you** to optimize nutrients.

HAVE A HEART TALK WITH YOUR DOCTOR

Don't wait—talk with your doctor about symptoms and heart health at every age. Overlooked symptoms like indigestion, shortness of breath, or persistent pain in your neck, arms, jaw, or back can be signs of developing heart disease. Treating symptoms and taking action early with your doctor can help you prevent common chronic illnesses that can lead to heart disease.