



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Allium Insurance Partners, LLC



HEART DISEASE

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 the following:

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

Warning Signs

The symptoms you experience depend on the type and severity of your heart condition. Common signs and symptoms of heart disease include the following:

- Shortness of breath
- Dizziness
- Chest pain or discomfort
- Heart palpitations
- Weakness or fatigue

Call your doctor if you begin to have 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 blocked or narrowed arteries or to bypass them
- Cardiac rehabilitation

Self-care and Prevention

You can follow a healthy lifestyle to help prevent heart disease:

- Get regular medical check-ups
- Don't smoke
- Take medications as prescribed
- Ask your doctor about low-dose aspirin therapy
- 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
- Drink alcohol in moderation. Check with your doctor to find out if and how much you should drink