



HEART MONTH  2023

Better health, just a heartbeat away.

Let's take simple steps toward a longer, happier life.

Heart disease is the leading cause of death in the United States. For many people, it is preventable. From regular blood pressure checks to trying new heart healthy recipes, there are simple things we can all do to improve our heart health. Together, we can all make small changes that lead to a better life.

Controllable risk factors for heart disease:

- **High Blood Pressure**
Damages lining of arteries; leading cause of heart disease and stroke.
- **High Cholesterol**
Build-up on artery walls can restrict blood flow to organs.
- **Smoking**
Causes 1 in every 4 deaths from heart disease and stroke.
- **Obesity**
Increases risk of high blood pressure, high cholesterol, heart disease, and stroke.
- **Physical Inactivity**
Linked to heart disease - even for people with no other risk factors.
- **Nutrition**
Diets full of saturated fats, trans fats, and cholesterol raise heart disease risk.
- **Diabetes**
High blood sugar gradually damages heart blood vessels.

**ST LAWRENCE
HEALTH**

An Affiliate of
Rochester Regional Health

Simple ways to reduce your risk of heart disease:

- **Know your cholesterol & blood pressure levels - and control them.**

High blood pressure and high cholesterol often do not have any symptoms – making a routine check by a health care provider even more important.

- **Choose healthy foods & drinks.**

A healthy diet of fruits and vegetables, whole grains, and healthy sources of proteins — along with limiting saturated and trans fat, added sugars, and sodium — can reduce your risk of heart disease.

- **Maintain a healthy weight.**

A healthy weight can reduce your risk of heart disease and Type 2 diabetes.

- **Get regular physical activity.**

Engaging in as little as 30 minutes of physical activity a day can have wonderful health benefits.

- **Quit smoking.**

According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life.

- **Manage diabetes.**

In addition to regularly checking and managing your blood sugar, it's important to see your doctor regularly and check your A1C, blood pressure and cholesterol levels.

- **Manage stress levels.**

Managing your stress levels is an important step in reducing your risk of heart disease.

Take a quiz to assess your individual risk factors and learn more about what you can do to manage your heart health.



stlawrencehealthsystem.org/heartmonth