



WHAT DOES YOUR HEART REALLY DO?

KentuckyCare

Your Heart Beats

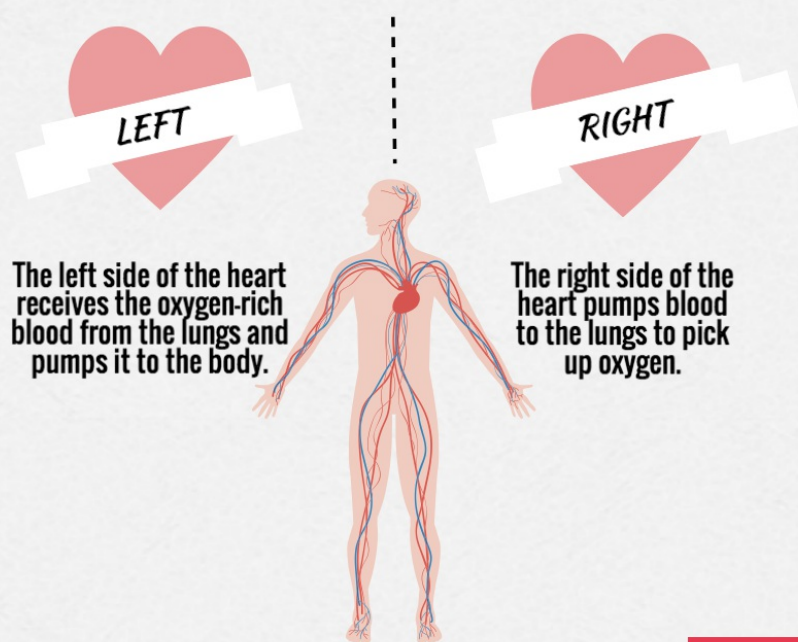


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times a day and sends blood through your body to distribute nutrients and oxygen.

Your heart has 2 sides

separated by an inner wall called the septum.



The left side of the heart receives the oxygen-rich blood from the lungs and pumps it to the body.

The right side of the heart pumps blood to the lungs to pick up oxygen.

WHY IS YOUR HEALTH SO IMPORTANT?

When your heart isn't working right, the rest of your body suffers.

For example,

if your heart isn't efficiently sending oxygen-rich blood through your body, your organs and tissues are unable to function at optimal levels.

The most common cause of heart disease is when plaque buildup thickens and stiffens artery walls (called Atherosclerosis), which can inhibit blood flow through your arteries.

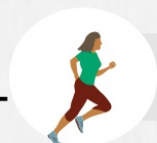
But what puts your heart at risk for disease?

HOW CAN YOU KEEP YOUR HEART

Healthy

MAJOR RISK FACTORS

IN HEART DISEASE



Stay active

2X

People who don't exercise are almost as likely to get heart disease as people who are active.

And it is never too late to start exercising! If you are new to cardiovascular exercise, try starting out with a leisurely walk a few times a week



As your heart grows stronger, you can branch out to activities like swimming, brisk walking, biking, hiking, or doing gym workouts.

Not only does cardio exercise keep your heart healthy, it also burns calories and can help you lose weight. It can also help you maintain your blood pressure and reduce your risk for diabetes.



Stay away from smoke!

The chemicals in tobacco smoke harm your blood cells, which in turn can damage the function of your heart and of your blood vessels.



Any amount of smoking, even just occasional smoking, damages the heart and blood vessels and is directly linked to coronary heart disease (where the heart only receives a limited flow of oxygen-rich blood).

Secondhand smoke

has the same damaging effects and can increase the risk of heart disease in children and teens because it

- Raises blood pressure
- Lowers good cholesterol levels
- Damages heart tissue

Eat healthy fats!

Trans Fats and Saturated Fats vs. Unsaturated Fats

BAD GUYS

Research has shown that even small amounts of artificial trans-fat can increase your risk for heart disease by increasing your cholesterol.

Avoid Ingredients like:

- ✗ Palm oil
- ✗ Partially hydrogenated oil
- ✗ Lard

GOOD GUYS

Hear us out—you might be thinking, "all fats are unhealthy!" but that is not true. Unsaturated fats are your friend, and they include polyunsaturated fatty acids and monounsaturated fats.

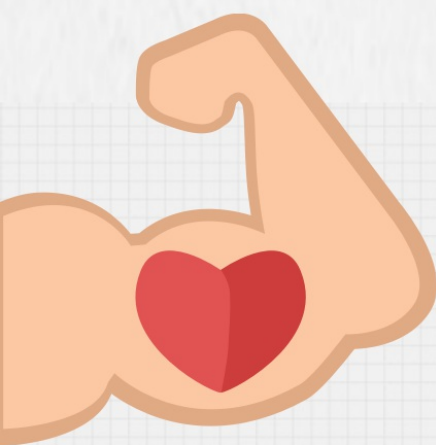
When eaten in moderation and used to replace saturated or trans fats, these can help lower cholesterol levels and reduce your risk of heart disease.

You can get these healthy fats in your diet from sources like:

- ✓ Olive oil
- ✓ Nuts and seeds
- ✓ Avocados
- ✓ Butter
- ✓ Some fatty fish

In fact, the American Heart Association recommends eating 2 servings of fatty fish per week!

IT'S NEVER TOO LATE TO START EXERCISING



THE HEART IS A MIGHTY MUSCLE

While these methods of maintaining your heart health are great, you need a support system to help you with your health goals. Here at KentuckyCare, we are that support system. Make an appointment to come see us for a heart health checkup, and let us help you create a heart health plan that works!

HAVE QUESTIONS?

KentuckyCare

877-677-5833

www.kentuckycare.net