

 **A Plan For Senior Care’s Guide To**

 **Heart Health**

According to Centers for Disease Control and Prevention, every year about 720,000 Americans have a heart attack. Of these, 515,000 are a first heart attack and 205,000 happen to people who have already had a heart attack. Use our guide to help your senior loved one keep a healthy heart.

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**Tips for Maintaining Heart Health:**

* Exercise for 30 minutes at least 3-4 times a week
* Quit smoking and reduce the amount of alcohol you drink
* Watch your weight
* Lower high blood pressure and high cholesterol levels
* Keep diabetes under control
* Minimize stress in your senior loved ones life by finding

healthy outlets to relieve stress.

* Eat a heart-healthy diet with a lot of fresh [fruits and vegetables](http://www.everydayhealth.com/senior-health/health-benefits-of-fruits-and-vegetables.aspx). Limit saturated fats, salt, and foods containing cholesterol, like fatty meats.
* Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they are under control with medication.

 **Signs of Heart Disease:**

* Unable to catch your breath
* Feeling faint, light-headed or weak
* Nausea or vomiting
* Feeling very full or having indigestion
* Unusual pains in the back, shoulders, or neck
* Sweating
* Pain/ Pressure in the chest
* Irregular heartbeat
* Weakness or a sensation of light-headedness

 **Visit** [**http://www.cdc.gov/heartdisease/**](http://www.cdc.gov/heartdisease/) **for more information on heart disease**

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.***

[**www.APlanForSeniorCare.com**](http://www.APlanForSeniorCare.com) **Call Us Today (866) 657-0026 info@aplanforseniorcare.com**