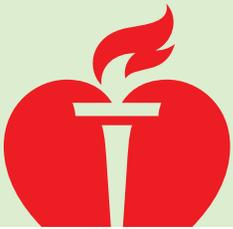


Matters of the Heart



Love is in the air, but before you give your heart away, it's important to keep it healthy. February is American Heart Association Month and the perfect time to review the risk factors of heart disease and learn to recognize the symptoms of a heart attack in yourself and others.

YOUR HEART HEALTH

The most common risk factors for heart disease and heart attack include:

- Smoking
- High LDL, or "bad" cholesterol and low HDL, or "good" cholesterol
- High blood pressure
- Obesity
- Lack of exercise
- Uncontrolled diabetes
- Stress

While you can't control some risk factors of heart disease, such as age and family history, you can control other factors, such as:

- Taking steps to improve your diet, such as adding more fruits, vegetables and whole grains.
- Adding regular exercise to your daily routine. Set a goal of 10,000 steps or 30 minutes each day.
- Quitting smoking.
- Learning to manage stress through regular meditation or yoga.
- Seeing your doctor for regular checkups. Your doctor can help you take steps to maintain a healthy weight, improve cholesterol levels or lower blood pressure, and control diabetes if needed.





KNOWING THE SIGNS OF A HEART ATTACK CAN SAVE LIVES

Even with the best preventative care, it's important to recognize the signs of a heart attack — both in yourself and in others.

Don't ignore these symptoms:

- Chest pain or discomfort
- Pain in the arm, jaw or neck
- Extreme weakness
- Nausea or vomiting
- Feeling faint
- Shortness of breath

Many times, symptoms of a heart attack are different for women. Weakness, sudden dizziness, pounding heart or a feeling of impending doom may all be signs of heart attack in women.

Even if you're not sure it's a heart attack, call 911 or have someone drive you to the nearest emergency room if you have any of the symptoms of a heart attack. The sooner you get help, the less damage a heart attack will have on your heart.

EASY CHICKEN SALAD

- 1 - 12.5 oz. can white chunk chicken breast packed in water (drained)
- 2 tbsp. plain nonfat yogurt
- 2 tbsp. light mayonnaise
- 1/3 cup diced celery
- 2 tbsp. diced onion (optional)

Stir the yogurt, mayonnaise, celery, onion and chicken in a bowl. Serve 1/2 cup of the chicken mixture on one slice of whole wheat flatbread or as a salad on a bed of bid lettuce. You can also slice a tomato into four wedges leaving the bottom together and serve your salad in the tomato "bowl". Always consult your physician about what is the right diet and exercise plan for you.



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