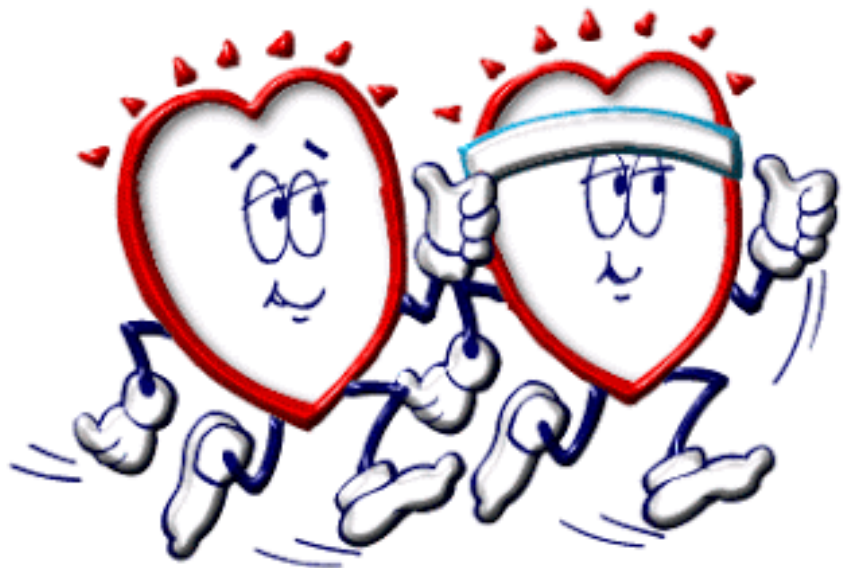


# Tips For A Healthy Heart



DINA ADIMORA-ONWUKA, MD



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# Moderation & Balance



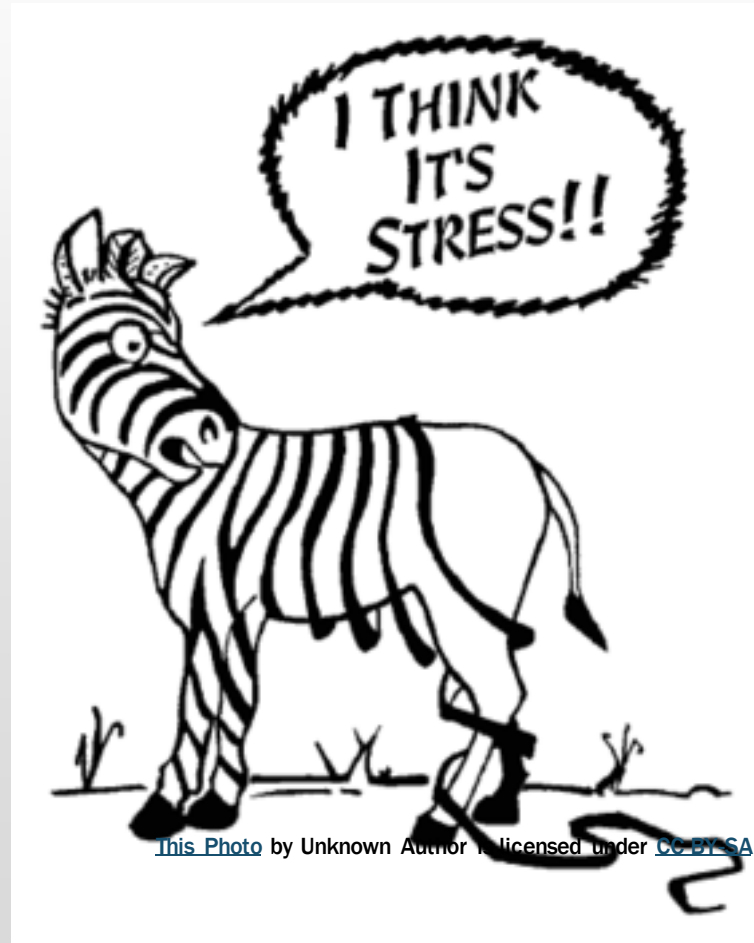
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# Reduce Stress

- Mental Health
- Sleep well





# FIGHT STRESS WITH HEALTHY HABITS



**1. Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

**2. Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

**3. Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

**4. Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

**5. Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

**6. Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

**7. Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

**8. Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

**9. Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

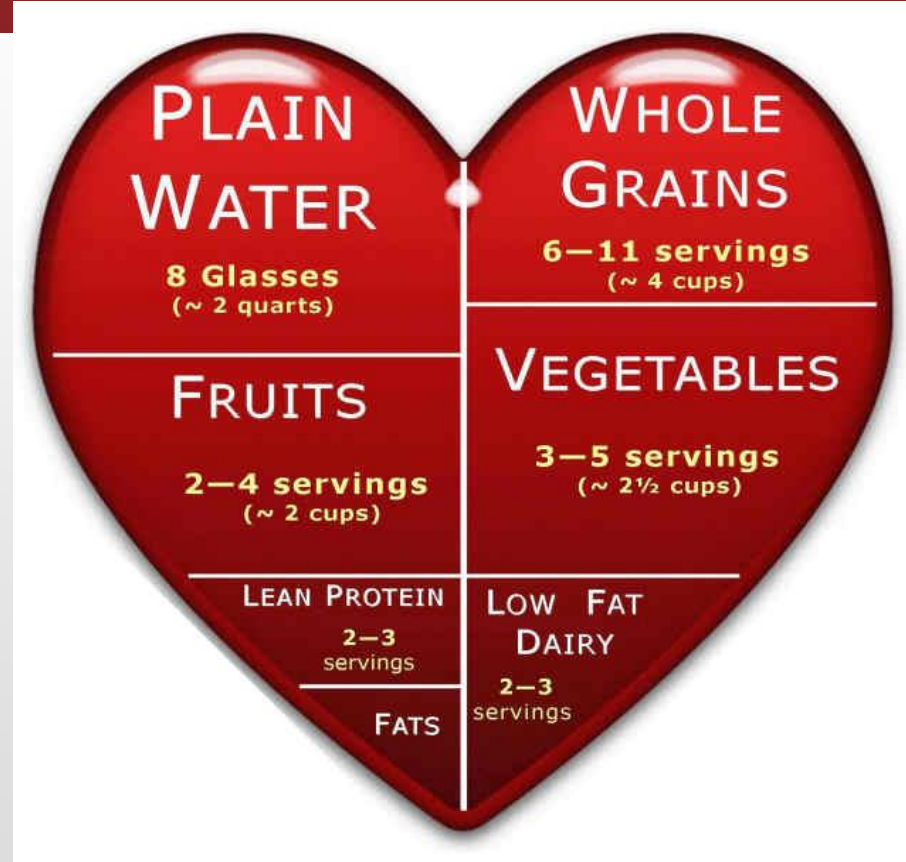
**10. Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

# Healthy Habits

- Know yourself
- Consistency
- Start with **small steps** toward a healthier lifestyle

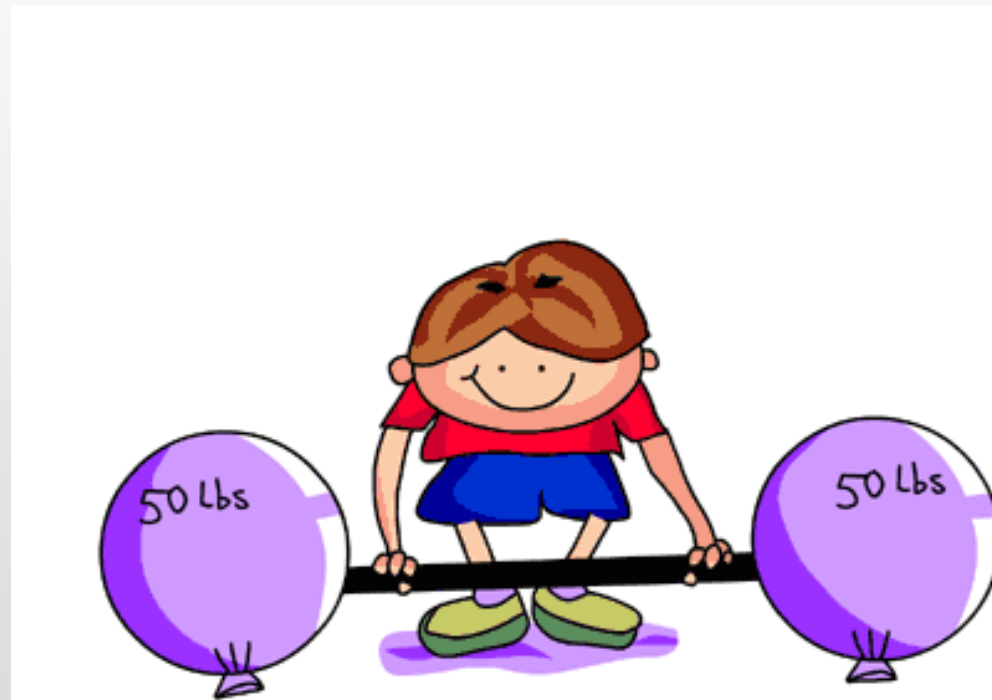
# Watch Your Diet: Calories IN versus OUT



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# Weight Management



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# Exercise



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# Shopping & Cooking

- Create a list
- Don't go when you are hungry
- Read the food label
- Divide the snacks into servings
- Make things practical
  - Plan your meals
  - Cut your ingredients
  - Add color



# The Food Label

1. Serving Information



2. Calories



3. Nutrients



<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

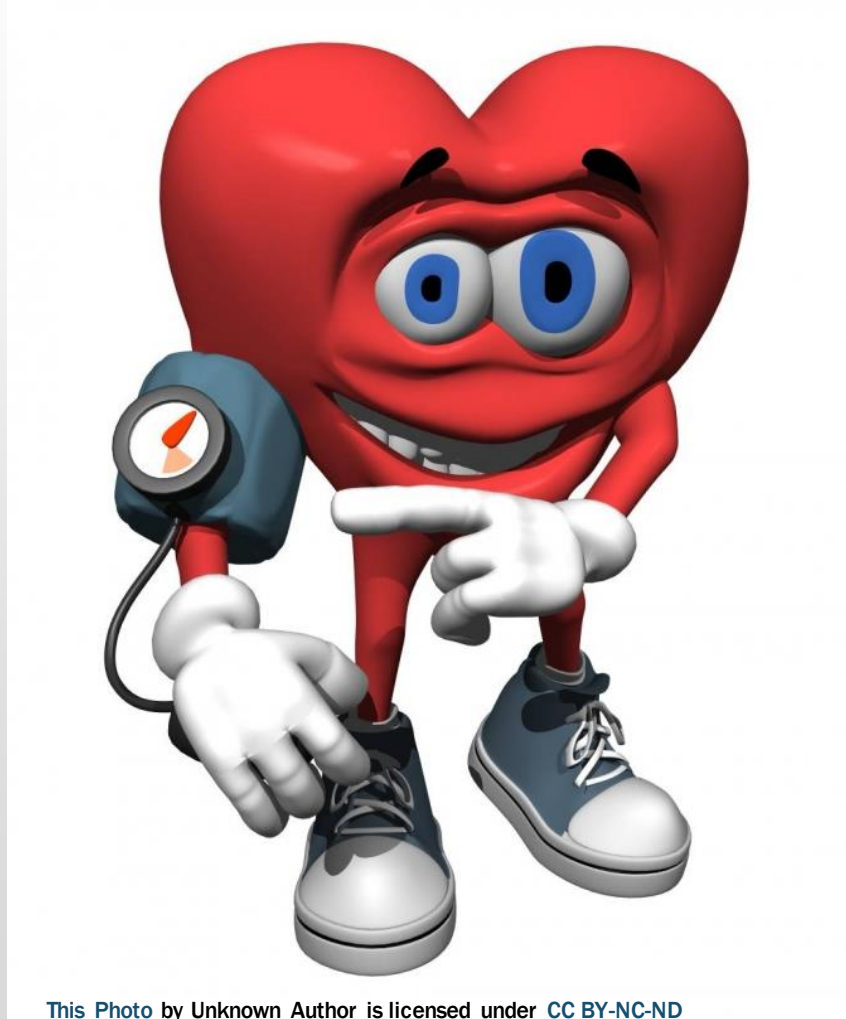
4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

# No Smoking, Vaping, or Street Drugs



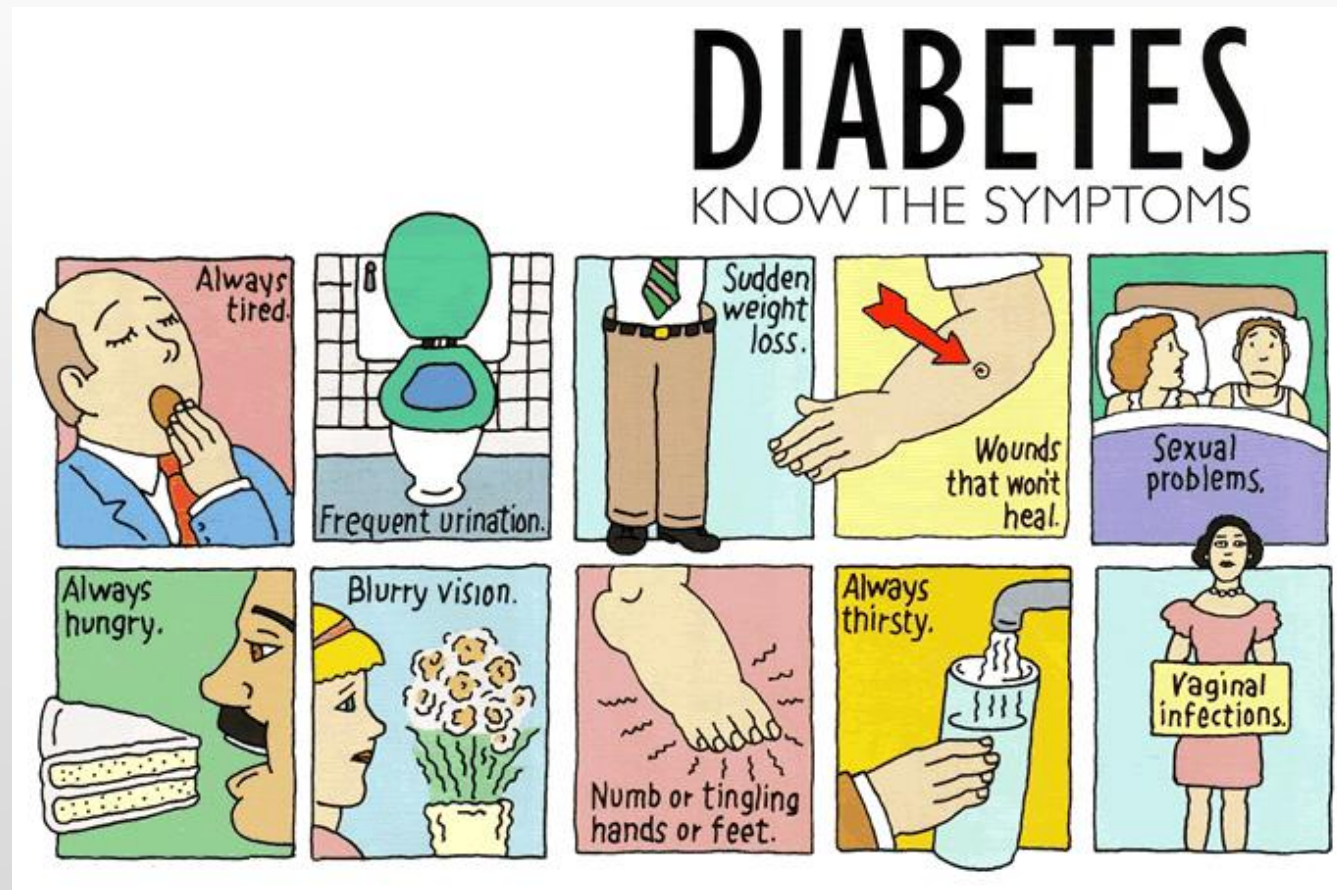
# Blood pressure control



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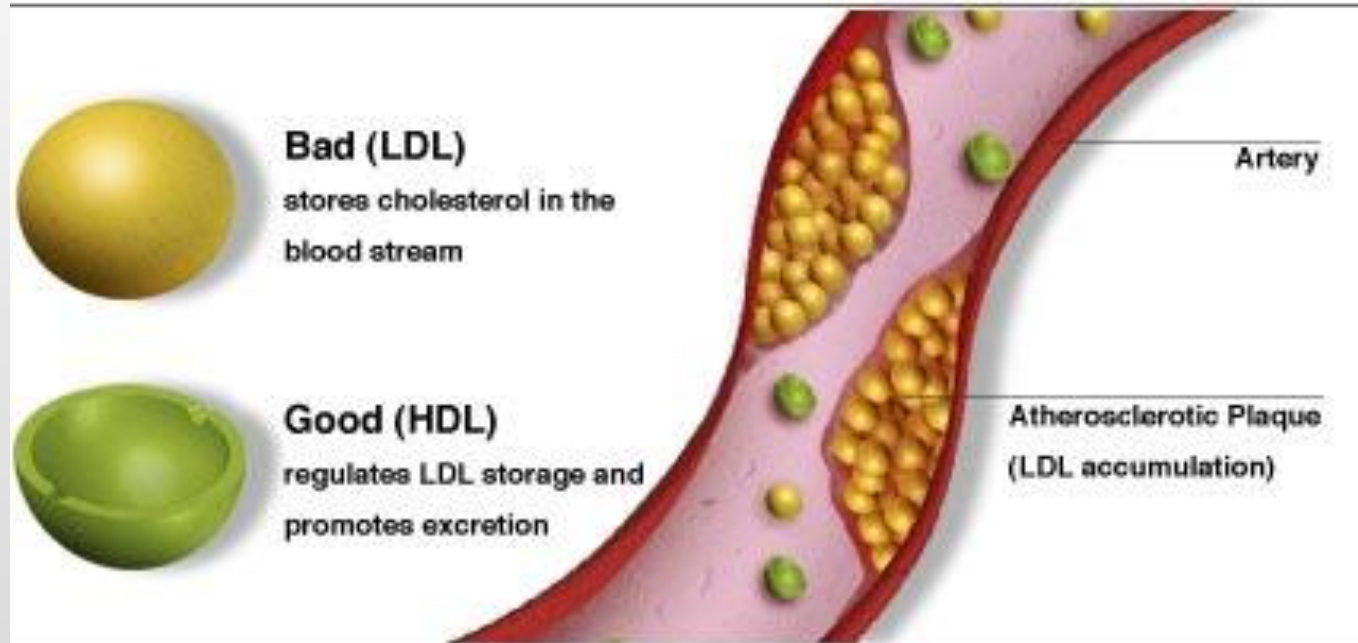


# Diabetes Control



# Cholesterol

## Bad vs. Good Cholesterol



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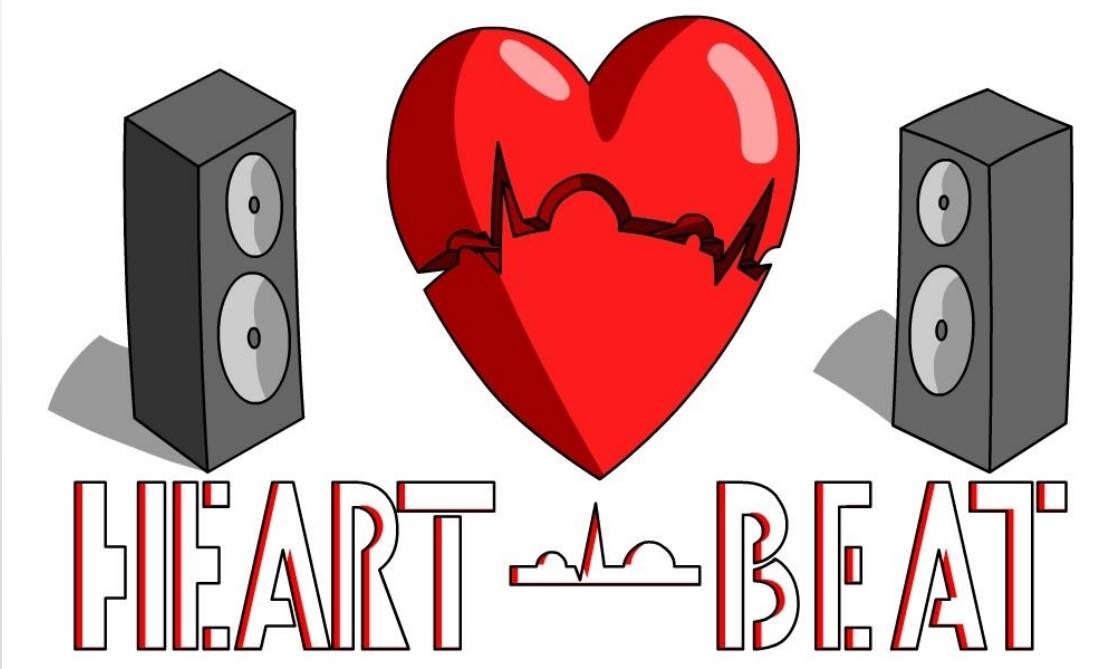
# Avoid the Fads



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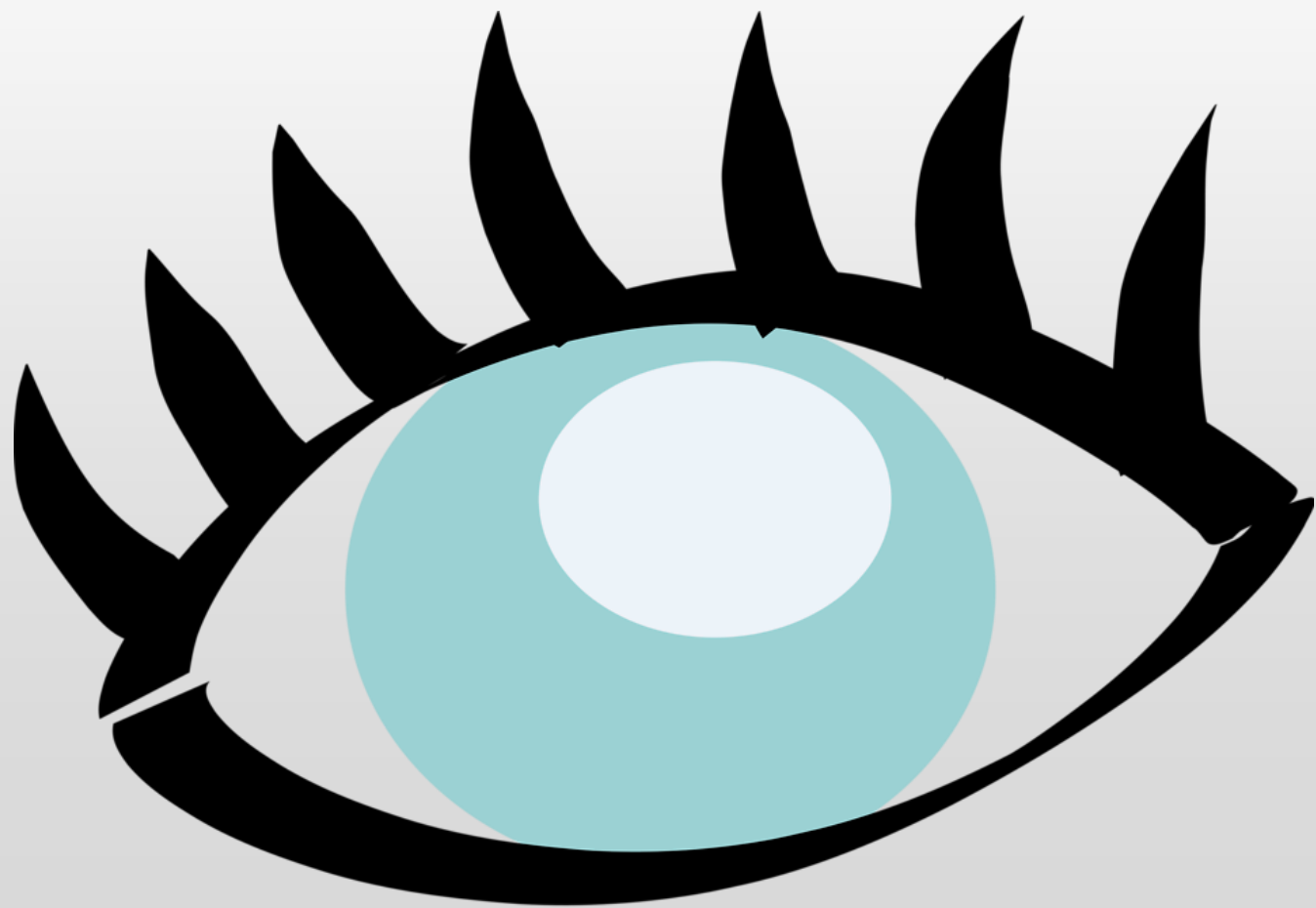
# Cardiopulmonary Resuscitation(CPR)

**BE THE  
BEAT**


















**Beware of these symptoms:**



# HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



MEN	WOMEN
Nausea or vomiting 	Nausea or vomiting 
Jaw, neck or back pain 	Jaw, neck or upper back pain 
Squeezing chest pressure or pain 	Chest pain, but not always 
Shortness of breath 	Pain or pressure in the lower chest or upper abdomen 
	Shortness of breath 
	Fainting 
	Indigestion 
	Extreme fatigue 

American Heart Association.



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By American Heart Association News

# SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



**B**

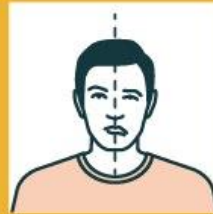
**E**

**F**

**A**

**S**

**T**



## **BALANCE**

LOSS OF BALANCE,  
HEADACHE  
OR DIZZINESS

## **EYES**

BLURRED VISION

## **FACE**

ONE SIDE OF THE  
FACE IS DROOPING

## **ARMS**

ARM OR LEG  
WEAKNESS

## **SPEECH**

SPEECH DIFFICULTY

## **TIME**

TIME TO CALL  
FOR AMBULANCE  
IMMEDIATELY



**CALL 911 IMMEDIATELY**

# Routine Check Up/Wellness Exams

- Screening
- Detect new or changing issues
- Discuss your treatment plan
- **Plan to follow up**



Thank you!