

June 2016

Newsletter From Your Parish Nurse



Greetings!

Summer is really here. The spring flowers are blooming all around us and they are so beautiful! God is good!!! This month we are going to read about the ten steps to a healthy heart.

Ten Steps To A Healthy Heart

- 1. Don't smoke.**
There's no question that smokers suffer more heart disease than people who don't smoke. Smoking increases the risk of heart attacks and makes them more severe when they occur. So if you smoke, quit. Many programs and medicines are available to help you do it. If you live with a smoker, encourage them to quit.
- 2. Exercise regularly.**
Regular exercise helps your heart stay healthy. Just like any other muscle in your body, your heart needs exercise to keep in shape. Your exercise goals can be modest. You will see heart-healthy benefits. So get moving.
- 3. Watch what you eat.**
Anything that you eat has an impact on your body's health. It's important to choose a diet that includes lots of whole grains, and fresh fruits and vegetables.
- 4. Limit your fat intake.**
You should try to limit fat consumption to no more than 30% of your calories per day. For most people, that means between 50 and 70 grams of fat per day. With the new nutrition labels on foods, it is fairly easy to make sure you stay below that limit. Read the labels of foods before you buy them.
- 5. Watch your weight.**
People who are overweight, even just a little bit, are at increased risk of heart disease. Try not to let your weight creep up, which it tends to do as we get older.
- 6. See your physician regularly.**
Regular examinations help insure that problems will be recognized before they become severe.
- 7. Know your family history.**
It's important to know if anyone in your family has suffered a heart attack, and how old they were when it occurred. Sometimes this indicates that you are at increased risk of heart disease and may need a very thorough evaluation.
- 8. Know your medications.**
Keep accurate records of the medications you take and take them as they are prescribed. Your pharmacist can help you with this. Especially with heart medicines, it's important to know what else you may be taking, and never stop taking the medicine without the advice of your doctor.
- 9. Stay connected.**
Social supports are very important for people. We know that those who have the support of family and friends suffer fewer and less severe heart attacks. So stay connected.
- 10. Stop to smell the roses.**
Don't let ordinary irritations like traffic jams or aggressive drivers get to you. Do things at your own pace and take time to enjoy life.

Don't forget numbers nine and ten, as you'll have a happier life!

Hazel Croy, Parish Nurse

Home phone: (573) 348-9157