Compatible News

March: Heart Healthy

You're never too young, or too old, to take care of your heart. Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will benefit your future. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life including:

- Choosing foods low in saturated fat, *trans* fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.
- Be physically active. You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week.
- Don't smoke and avoid secondhand smoke. Even exposure to secondhand smoke poses a serious health hazard. Nonsmokers are up to 30 percent more likely to develop heart disease or lung cancer from secondhand smoke exposure at home or work, according to a U.S. Surgeon General report.
- Tame your stress. Long-term stress causes an increase in heart rate and blood pressure that may damage the artery walls.
- Watch your weight. Your body needs fewer calories as you get older. Excess weight causes your heart to work harder and increases the risk for heart disease, high blood pressure, diabetes and high cholesterol.

Love yourself enough to live a healthy lifestyle.

Heart Attack

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Cardiac Arrest

No response to tapping on shoulders.

Stroke:

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.

- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

- Time to call 9-1-1 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

If you develop any of these symptoms call 9/11

You can find out more information at: http://www.heart.org



Contact us today for a FREE Assessment! (480) 378-3700 908B W. Chandler Blvd. Suite #3 Chandler, AZ 85225 www.chc-valey.com

Compatible Home Care Quality Care That Fits Your Life

Compatible Home Care is a home care agency, which knows the importance of exceptional care for a family's loved one. Compatible prides itself on employing highly trained caregivers who will treat your loved one with the compassion and kindness they deserve. Compatible believes in providing quality and EPIC (empathy, patience, integrity, and compassion) care.

Compatible Home Care Agency also holds an Alzheimer's support group in the main office once a month and also holds educational seminars on various diseases and conditions for community members. Please feel free to contact our office for further information.



