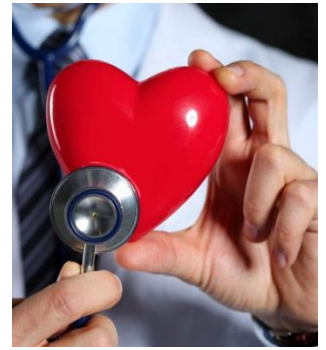


# World Heart Day

---



Our hearts work beat by beat, second by second for 24 hours a day, never resting. Over the average lifetime, our hearts beats about 2.5 billion times. Knowing that it's one of the most vital organs keeping us alive, it's important to treat it like the precious commodity.

Heart is the most hard working organ of the body works 24x7 from birth to the last breath. Amazing , Isn't it? We need to take good care of this organ called Heart with a full knowledge of what should we do to keep it healthy. On this World Heart Day lets renew our pledge to aim to keep our hearts healthy with conscious management of food, exercises, Healthy Life Style and Stress free Life Style.

<https://www.ndtv.com/health/world-heart-day-2018-4-ways-to-survive-a-heart-attack-when-youre-alone-1923748>

## Food



Reducing cholesterol is important an old concept. The new research shows that we need to be conscious of our inflammation.

Stop chronic inflammation (it's the key to reducing the heart disease). We should avoid eating foods that are loaded with sugars, the ones that are processed with omega-6 oils (they are used to increased the

shelf life of edibles). These kinds of foods slowly poison our heart (3).

Dr. Lundell goes on to explain this by saying, "Extra sugar molecules attach to a variety of proteins that in turn injure the blood vessel wall. This repeated injury to the blood vessel wall sets off inflammation. When you spike your blood sugar level several times a day, every day, it is exactly like taking sandpaper to the inside of your delicate blood vessels."

## Make these changes in your Food

- Eat more fruits, vegetables, whole-grain foods, poultry, fish, and low-fat dairy products
- Eat less total fat, [saturated fat](#), [trans fat](#), and [cholesterol](#)
- Limit the amount of red meat, sweets, and sweetened beverages you eat

Another cornerstone is cutting back on salt.

Lowering the amount of salt you eat can help lower the amount of fluid your body holds onto. This lowers your blood pressure and makes it easier for your [heart](#) to do its work. Getting no more than 1,500 milligrams per day (about a quarter-teaspoon of table salt) helps the most.

Try these tips:

- Read labels. Look for "salt," "sodium," "sea salt," and "kosher salt."
- Rinse salty canned food such as tuna before using it.
- Substitute herbs and spices for sodium and salt when cooking.
- Avoid instant or flavored side dishes, which usually have a lot of added sodium. Instead, try cooking plain rice, pasta, or grains without adding salt. You can add other flavorings or a bit of salt when you serve them.
- Look for "[low sodium](#)" on food labels.

## Exercises



We all know we'll be alive as long as our heart functions properly. Taking care of our heart is a primary concern for all of us. When it comes to gaining those curvy muscles and etched out abs, we know how to get there. But, what about the exercises that keep our heart healthy? If you think that mere cardio workouts would seal the deal, you're



wrong! For a healthy heart, we need to understand the heart and its components first. Out of which, the arteries (responsible for carrying oxygen from our heart to the various tissues of our body) must be the apple of our eye ([1](#)).

When it comes to deciding the exercises for your heart, always ask yourself—how much of it is

“enough”? Choose workouts that will not only help to maintain your cardiovascular health but also improve it (2). At the end of the day, you must be content that your arteries are healthy and unclogged.

<https://www.thehealthsite.com/videos/diseases-conditions-world-heart-day-2018-want-to-keep-heart-diseases-at-bay-embrace-a-healthy-lifestyle-avo918/>

## Life Style Changes

Quit Smoking, limit alcohol, deep breathing exercises, Manage high blood pressure, Manage blood sugar, Manage cholesterol, Maintain a healthy weight, Manage a Stress Free Life by taking to outdoor activities and Yoga and Meditation.

<https://www.cardiosmart.org/~media/Documents/Fact%20Sheets/en/ad1246.ashx>

## High blood cholesterol

Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated fat, trans fat and cholesterol and get moving. If diet and physical activity alone don't get those numbers down, then medication may be the key. Take it just like the doctor orders. Here's the lowdown on where those numbers need to be:

- **Total Cholesterol**  
Your total cholesterol score is calculated using the following equation: HDL + LDL + 20 percent of your triglyceride level.
- **Low-density-lipoprotein (LDL) cholesterol = "bad" cholesterol**  
A low LDL cholesterol level is considered good for your heart health. However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke, according to the latest guidelines from the American Heart Association. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. Lifestyle factors such as a diet high in saturated and trans fats can raise LDL cholesterol.
- **High-density-lipoprotein (HDL) cholesterol = "good" cholesterol**  
With HDL (good) cholesterol, higher levels are typically better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all result in lower HDL cholesterol.
- **Triglycerides**  
Triglyceride is the most common type of fat in the body. Normal triglyceride levels vary by age and sex. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis, the buildup of fatty deposits in artery walls that increases the risk for heart attack and stroke.

<http://www.heart.org/en/health-topics/heart-attack/life-after-a-heart-attack/lifestyle-changes-for-heart-attack-prevention>

What scares you the most— a heart attack or a heartbreak? We're sure that both do. There are a zillion sources out there in the massive cyberspace that talk about heart health and how one should take care of their body in a manner that their heart is healthy enough to carry out all the necessary functions actively. After all, a healthy heart is essential for us to live, right?

<https://www.dailymail.co.uk/health/article-6211143/Tiny-device-zip-leaky-hearts-invented-Dr-Oz-20-years-ago-save-millions.html?ito=social-facebook>

<https://www.dailymail.co.uk/health/article-6211143/Tiny-device-zip-leaky-hearts-invented-Dr-Oz-20-years-ago-save-millions.html?ito=social-facebook>

