



Heart Attack Triggers

- * **Lack of Sleep.** People sleeping fewer than 6 hours a night were twice as likely to have a heart attack compared to those who slept 6 to 8 hours.
- * **Cold Weather.** Cold causes your arteries to narrow making it harder for blood to reach your heart.
- * **A Big Heavy Meal.** Large amounts of food eaten at one sitting causes higher levels of stress hormones. This can raise blood pressure and heart rate.
- * **Strong Emotions.** Anger, grief, stress and joyful events can lead to heart attacks.
- * **Sudden Intense Exertion.** About 6% of heart attacks are triggered by extreme physical exertion.
- * **Getting Out of Bed in the Morning.** Heart attacks are more common in the morning. Your brain produces wake up hormones putting some extra stress on your heart.
- * **A Cold or Flu.** When your immune system is fighting an infection, it can cause inflammation that can damage your heart and arteries.

AMERICAN HEART MONTH

Heart disease refers to several types of heart conditions. These conditions include coronary artery disease, heart attack, cardiac arrest, congestive heart failure, cardiomyopathy, rhythm disorders, valvular heart disease, and congenital heart disease. The most common cause of heart disease in the United States is coronary artery disease (CAD). CAD is when an artery, that supplies the heart with blood, is blocked or narrowed.

Heart disease is the leading cause of death in men and women. Approximately 610,000 or 1 in every 4 people die of heart disease every year. An estimated 15.5 million people have CAD and 1.5 million suffer a heart attack each year.

So what can you do? Know your risk factors and take responsibility for your health!

1. Age – More than 83% of people who die from heart disease are 65 and older.
2. Race – If you are African American, Mexican American, American Indian, native Hawaiian or Asian American your risk is higher.
3. Sex – Men have a greater risk at an earlier age than women. However, after menopause a woman's death rate increases.
4. Family History – A person with both a parent or sibling and an uncle or grandparent who suffer from heart disease before age 60 is nearly 10 times more likely to suffer from heart disease early in life.
5. Smoking – Your risk is 2 to 4 times greater than those who do not smoke.
6. High Blood Pressure – One out of three Americans have high blood pressure. Have it checked and stay compliant with treatment.
7. High Cholesterol – Over time can narrow and block arteries.
8. Diabetes – 65% of people with diabetes die from heart disease. Keep it under control.
9. Sedentary Lifestyle – The greater your inactivity the greater your risk.
10. Overweight/Obesity – There is a direct link with excess body fat, especially if around your midsection, and the increased risk of heart disease.

The heart is like any other muscle in your body. It needs an adequate supply of blood to provide oxygen to the muscle so it can function. The heart not only pumps blood to your whole body but also pumps blood to itself.

KEEP YOUR HEART HEALTHY!



10 Tips for Prevention

1. **Take responsibility for your health.**
2. **Know your risk factors.**
3. **Don't smoke or expose yourself to second-hand smoke.**
4. **Maintain a healthy blood pressure.**
5. **Monitor your cholesterol.**
6. **Limit your calories.**
7. **Make exercise a daily habit.**
8. **Pick your pills wisely. (Alternative medicine, supplements)**
9. **Reduce Stress**
10. **Stay informed.**

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Unnessary Medical Tests

Too many of us demand unnecessary tests and procedures from our doctors. We need to educate ourselves and have more informed conversations with our doctors regarding appropriate procedures and tests.

In a move to look more closely at medical tests and procedures, medical specialty groups are recommending reducing or elimination the use of common health care services that provide little or no benefit to patients. A list of tests and procedures, according to specialty, can be found at www.choosingwisely.org.

Choosing Wisely is an educational initiative directed at both the patient and doctor. Choosing Wisely helps people to choose care that is:

- Supported by evidence
- Not duplicative of other tests already received
- Free from harm
- Truly necessary

Some common tests and procedures they advise against include EKGs done routinely during a physical exam when there is no sign of heart trouble, MRI's ordered whenever a patient complains of back pain and antibiotics prescribed for mild sinusitis.

Each person's situation is unique and these recommendations should be used as guidelines. Ask your doctor questions:

- What tests will be done?
- What will the results show?
- How will the results affect treatment?
- What are the risks?

Research shows that people who take a more active role in their health decisions will live healthier lives.

Apricot and Almond Crisp

1 tsp olive oil 1lb apricots, halved with pits removed 1 T oats
 ½ C chopped almonds ½ C chopped almonds 1 tsp anise seeds
 2 T honey

Heat oven to 350. Brush oil in 9-inch glass pie dish. Chop apricots and place in dish. Sprinkle with almonds, oats and anise seeds. Drizzle with honey. Bake for 25 minutes until topping is golden and apricots are bubbling.

Nutritional Analysis per Serving		Servings size: ½ cup	
Calories	134	Cholesterol	0mg
Protein	3g	Sodium	1mg
Carbohydrates	17g	Fiber	3g
Total fat	6g	Sugar	6g
Saturated fat	0.5g		