



Take Heart: Cardiovascular Health is Within Reach

Heart disease is the leading cause of death for both men and women in the United States. When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Plaque is caused by:

- Too much fat and cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood (diabetes)

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

Who's at risk?

Everyone is at risk for heart disease. But you are at higher risk for heart disease if you:

- Have high cholesterol or high blood pressure
- Smoke
- Are overweight or obese
- Don't get enough physical activity
- Don't eat a healthy diet

Your age and family history also affect your risk for heart disease. Your risk is higher if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65



What to do

But the good news is there's a lot you can do to prevent heart disease.

Take steps today to lower your risk of heart disease:

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage stress.

Source: Healthfinder.gov

Join us for the
2019 Central Louisiana Heart Walk
Saturday, March 9, at 9 a.m.
Downtown Alexandria

Talk About Family Heart History

Heart disease, the leading killer of Americans, doesn't just suddenly happen. It takes decades to develop, and your risk increases as you age.

It turns out young adults (a.k.a. those born in the millennial era, from 1982 to 2002) have a unique opportunity to help parents and other family members improve their heart health and prevent heart disease.

A record number of young adults are likely to live with their parents instead of alone, with roommates, or with a friend. Young adults are also more likely than past generations to respect their elders and report having fewer fights with their parents. All this adds up

to a golden opportunity to have a heart-to-heart with mom and dad about their health. Even if you don't live at home, you can talk to your parents and other relatives to get them thinking about ways to protect their hearts for the long haul.

You should care about your parents' health because they're basically a future you. Their health problems could very well be your health problems one day. If you learn about your risks now, you can begin planning for a healthier life. Does your family have a history of heart disease? What about high cholesterol or high blood pressure? All of those conditions can be passed down to you.

Source: cdc.gov



RoyOMartin Goes Red

RoyOMartin corporate office employees in Alexandria participated in National Wear Red Day on Friday, Feb. 1, in support and awareness of the fight against heart disease.