



## Don't Miss a Beat on Your Heart Health

Our heartbeat gives a rhythm to our lives. It is vital to take care of your heart health to keep that rhythm going.

Heart disease is the number one cause of death worldwide. It also can cause disability and reduce quality of life. The good news is that small things can have a big impact when it comes to your heart health. Taking medicine as prescribed, getting routine checkups and making healthy choices can keep the beat — and your heart — going strong.

### Take Your Medicine as Prescribed

Did you know that taking your medicine as directed can save your life? People with high blood pressure, high cholesterol and diabetes have a higher risk of heart disease. For those patients, not taking medicine the right way can cause serious health problems. For example, not taking your blood pressure medicine as prescribed can lead to heart disease, stroke and kidney failure.

Talk to your doctor if you are having trouble taking your medicine as prescribed, no matter the reason.

### Get Routine Checkups

Routine checkups are key to heart health. Your doctor may run screening tests during your visits to check your blood pressure, cholesterol, body mass index and blood glucose levels. By keeping an eye on these numbers, you and your doctor can take action to prevent or treat any issues that could lead to heart disease.

### Make Healthy Choices

A heart-healthy lifestyle can lower your risk for heart disease, heart attack and stroke. Think about making these healthy choices a part of your daily routine:

- Exercise every day. The American Heart Association recommends at least 150 minutes per week of moderate physical activity to help lower blood pressure, lower cholesterol and keep your weight at a healthy level.
- Choose a healthy diet. Say yes to fruits, vegetables and whole grains. Say no to salt, saturated fat and added sugar. Drink more water and cut back on sugary drinks and alcohol.
- Quit smoking. It's not easy to quit smoking, but it's one of the best things you can do for your health. Ask your doctor about resources that can help you quit.

Make these heart-healthy habits part of the rhythm of your life to keep the beat going.

*The American Heart Association is an independent organization that offers health information you may find useful.*

