

KEEP YOUR HEART HEALTHY AS YOU AGE



IMPORTANT FACTS YOU SHOULD KNOW AND HOW TO REDUCE YOUR RISK OF HEART DISEASE

Approximately every 40 seconds, an American will have a heart attack.

*CENTERS FOR DISEASE CONTROL AND PREVENTION

The average age of a first heart attack is 65.6 years for males and 72.0 years for females.



*AMERICAN HEART ASSOCIATION



An estimated 121.5 million American adults (48%) had 1 or more types of cardiovascular disease.

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For the 60-79 year old age group, the following had cardiovascular disease: 77.2% of males; 78.2% of females.

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For the 80+ year old age group, the following had cardiovascular disease: 89.3% of males; 91.8% of females.

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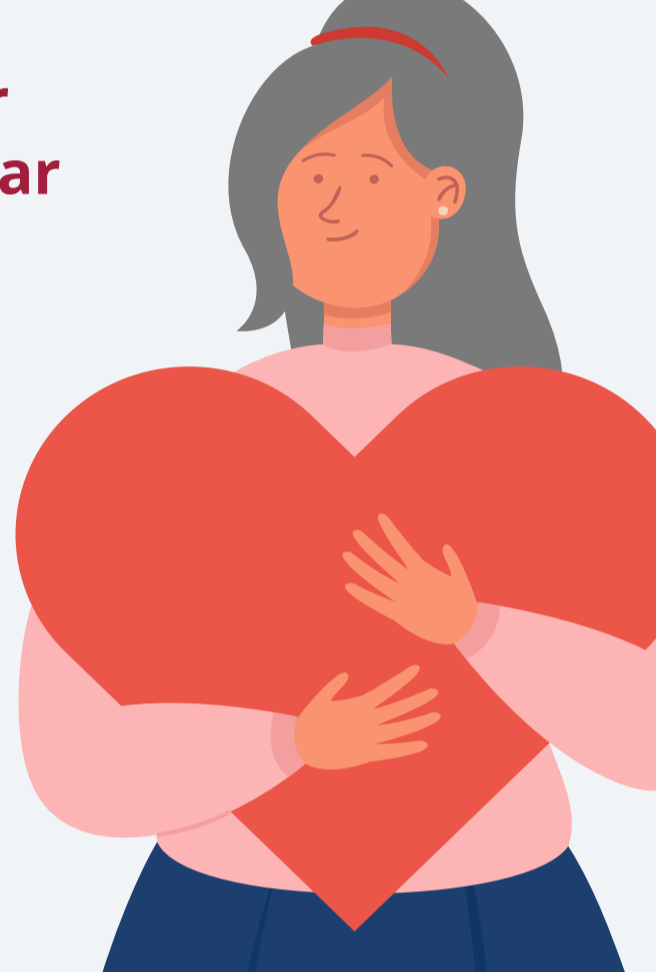
WOMEN'S HEART HEALTH

Among women, 90% have one or more risk factors for heart disease at some point in their lives, yet 80% of cardiovascular diseases are preventable.

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Women are more likely than men to have heart attack symptoms unrelated to chest pain. These symptoms may be vague and not as noticeable as the crushing chest pain often associated with heart attacks.

*MAYO CLINIC



BROKEN HEART - NOT JUST A METAPHOR



Broken heart syndrome, also known as takotsubo cardiomyopathy, is a temporary heart condition that's often brought on by stressful situations and extreme emotions.

Broken heart syndrome affects just part of the heart, temporarily disrupting the heart's normal pumping function.

*MAYO CLINIC

More than 90% of reported cases are in women ages 58 to 75. Research suggests that up to 5% of women suspected of having a heart attack actually have this disorder. Most people recover with no long-term heart damage.

*HARVARD MEDICAL SCHOOL

7 THINGS YOU CAN DO TO REDUCE YOUR RISK OF HEART DISEASE



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01. KNOW YOUR RISK

02. EAT A HEALTHY DIET

03. BE PHYSICALLY ACTIVE

04. WATCH YOUR WEIGHT

05. LIVE TOBACCO FREE

06. MANAGE CONDITIONS

07. TAKE YOUR MEDICINE

HERE ARE SOME QUESTIONS TO TEST YOUR HEART HEALTH KNOWLEDGE. YOU CAN FIND THE ANSWERS BELOW EACH QUESTION.

How much exercise is recommended to help prevent heart disease?

40 minutes on average, 3 to 4 days per week.

What affects blood cholesterol levels?

Heredity, age, being overweight, physical inactivity and diet.

What are the warning signs of a heart attack in men?

Chest pain, shortness of breath and nausea or vomiting.

What are the warning signs of a heart attack in women?

Neck, jaw, or back pain, indigestion and fatigue.

How can you reduce high blood pressure?

Maintain a healthy weight, be more physically active, do not smoke, limit alcohol and eat a heart-healthy diet that includes vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, oils and nuts.

*NATIONAL HEART LUNG AND BLOOD INSTITUTE AND AMERICAN HEART ASSOCIATION



SUPPORTING THE HEALTH AND WELLNESS OF OLDER ADULTS IS AT THE HEART OF WHAT FRIENDS LIFE CARE DOES. SUBSCRIBE TO OUR [YOUTUBE CHANNEL](#) TO LEARN MORE ON TOPICS THAT PROMOTE HEALTHY AGING, SUCH AS "UNDERSTANDING STROKE" AND "USING MINDFULNESS TO THRIVE."

Friends Life Care is here to help you age in place while maximizing your health and wellness, such as helping reduce your risk of heart disease and keeping you informed on the importance of heart health.

Our skilled Wellness and Care Coordinators act as your personal healthcare advocate, anticipating your needs and resolving concerns that may come up as you age, while our highly trained Plan Counselors work with you to find what plan fits your needs best.