

FEBRUARY

Heart Health Awareness

February is Heart Health Awareness Month. Heart disease is the leading cause of death worldwide for both men and women, as well as a major cause of disability.

Risk factors

Some conditions, as well as some lifestyle factors, can put people at a higher risk for developing heart disease, including:

- High blood pressure
- Diabetes mellitus
- Use of tobacco and nicotine
- Diet
- Physical inactivity
- Obesity
- Alcohol

Treatment and prevention

Fortunately, most people can treat heart disease with proper diet and lifestyle changes:

- **Early prevention:** Have your blood pressure and cholesterol checked regularly. Your doctor can provide suggestions to help you manage your health.
- **Regular exercise:** Even mild to moderate physical activity can lower blood pressure and reduce the risk of heart disease.
- **Proper diet:** Healthy nutrition can lower blood pressure and reduce cholesterol levels. Eat a high-fiber, low-sodium, and low-fat diet that emphasizes fruits, vegetables, whole grains, and nuts and limits red meat and eggs.

High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. If you're ready to explore making healthier decisions, visit the Eat Well, Feel Well toolkit to learn more.



Over time, complications from heart disease can cause serious health problems, but adopting healthy lifestyle habits, taking medicine as needed, and seeing your health care team regularly can help. You can also talk to us about heart health self-management or log on to guidanceresources.com to start your personal well-being journey.

Eat Well, Feel Well Toolkit

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