

Healthy Living to Manage Heart Disease



The Caraday Way

With nearly half of all adults having some form of cardiovascular disease in the United States, it causes one death every 34 seconds, according to the American Heart Association. Yet, it is the most preventable with a healthy diet and lifestyle. Caraday encourages healthy behaviors every day so that residents have the highest quality of life -- it's the Caraday Way!

"I'm in admissions and a family came to me and said their grandmother was declining rapidly and after admission they have seen a huge improvement in her overall health and condition. They are so grateful for our care."

Chana Haynes
Caraday of Mesquite

When you have heart disease, the little things you can do each day add up to make a big difference to your health.

Learn your health history. Talk to your doctor about any risks, medical conditions, or family history to ensure you have a clear picture of your health background. Knowing if you have a higher than usual risk or are predisposed to certain illnesses will help you better manage your personal health. Complex heart disorders are often influenced by a combination of genetic factors, environmental concerns, and lifestyle choices.

Get your blood pressure and cholesterol checked. Two of the most significant risk factors for heart disease are high blood pressure and high blood cholesterol. If either of these numbers is high, work with your doctor to get it in a healthy range.

Your total cholesterol is calculated by adding the HDL and LDL levels plus 20 percent of your triglyceride levels. LDL is low density lipoprotein and is the so-called 'bad' cholesterol. Lifestyle factors such as a diet high in saturated and trans fats can raise LDL cholesterol.

High density lipoprotein (HDL) is the 'good' cholesterol. Higher levels of HDL are typically better, and people with high blood triglycerides usually also have lower HDL cholesterol.

Reduce your stress. Research studies suggest that an emotionally upsetting event can trigger a heart attack or angina in some people. Stress can contribute to high blood pressure levels and other risk factors. Some of the ways people manage stress, such as alcohol, using other substances, smoking, or overeating, are further risk factors for heart disease. Consider healthy stress-reducing activities such as meditation, being physically active, or talking with friends or family.

Limit alcohol consumption. Drinking alcohol in excess can raise blood pressure, increase cardiomyopathy, stroke, or cancer. Conversely, there is a cardioprotective effect of moderate alcohol consumption. For men, if you drink no more than two drinks per day, and for women, if you consume no more than one drink per day, studies show that it might benefit you.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com