



Have a Heart!

Heart-Healthy Tips

Although February is American Heart Month, your heart needs TLC every day of the year. Catholic Health Services (CHS) offers free seminars, health screenings and other services to communities across Long Island. Here are some tips:

Eating Right

- According to the American Heart Association (AHA), including fruits and vegetables at every meal helps you to get the balanced nutrition that supports good cardiac health.
- Look for the AHA Heart-Check Certification symbol when you shop for groceries. This signifies that the product meets the criteria for heart-healthy foods, relating to fat, sodium and other ingredients.
- AHA, the National Heart, Lung & Blood Institute (NHLBI) and CHS all offer heart-healthy recipes online for easy reference.

Physical Activity

- NHLBI recommends at least 2 1/2 hours of exercise each week to get your heart pumping. This regimen can be broken into small amounts each day. Speak to your doctor about what kind of exercise is right for you.
- Join CHS and fellow Long Islanders at the annual AHA Heart Walk at Jones Beach each fall. This year's event is September 15, 2019.

A Healthy Lifestyle

- NHLBI advises you to "know your numbers" to manage your heart disease risk. Rest for 5 minutes—and avoid caffeine for 30 minutes—before your blood pressure is taken. Your doctor can explain what your results indicate.
- As stress can take its toll on your heart, it's important to periodically do deep breathing. Learn more on NHLBI's website.

All six CHS hospitals perform diagnostics to identify cardiac abnormalities as early as possible. Procedures include coronary computed tomography angiography (CTA), electrocardiogram (EKG), echocardiography (ECHO) and stress tests. As a leading provider of quality services, CHS has expert cardiologists and other specialists on staff, with a world-class cardiothoracic surgical program and minimally invasive Heart Valve Center at St. Francis Hospital serving Nassau County residents and at Good Samaritan Hospital for Suffolk.

Resources

- American Heart Association: www.heart.org
- National Heart, Lung & Blood Institute: nhlbi.nih.gov
- Catholic Health Services (CHS) Events calendar: www.chsli.org/events-list
- CHS Recipes for Healthy Living: www.chsli.org/recipes-healthy-living
- CHS Find a Doctor search tool: www.chsli.org/patients-visitors/find-doctor

www.chsli.org
1.855.CHS.4500

Did You Know?

- Chest discomfort, shortness of breath, lightheadedness, nausea and a cold sweat, plus pain or discomfort of the arms, back, neck, jaw or stomach are all possible heart attack symptoms.
- According to AHA, CPR can double or triple the chance of survival for those experiencing out-of-hospital cardiac arrest.
- The Centers for Disease Control & Prevention lists an unhealthy diet, inactivity, obesity, excessive alcohol use and tobacco use among the risk factors for heart disease.