

How Important are Regular Check-Ups



Awareness, Prevention, Diagnosis, and Treatment

August is National Health Center Awareness Month. Health Centers are important to the community and country because the doctors that practice within those walls are the ones with the expertise required to prevent and treat heart disease.

Heart Disease is the main cause of death in the United States, and the only way to diagnose these diseases before it is too late is through an appointment with your doctor. Doctors have access to all of the tests required to find signs of heart disease. Blood tests to assess risk by detecting cholesterol

levels, and ECG's to find developing or existing cardiovascular disease.

Regular appointments with your doctor allow them to continuously monitor your heart health. The information documented during these appointments can be the difference between life and death in many individuals, possibly including yourself.

Doctors can find and assess all risk factors for heart disease. High Cholesterol Levels which can lead to Chest Pain, Heart Attack, and Stroke. High Blood Pressure which can lead



to Heart Attack, Weakened Blood Vessels, Aneurysm, Stroke, and Heart Failure. As well as many other factors including Diabetes, Obesity, Nicotine, Alcohol, Stress, Depression, and Anxiety.

If the Doctor does not find any signs of existing heart disease but finds that you are at risk, the doctor may recommend better nutrition and exercise. The same recommendations made to those looking to keep their Heart Healthy.

Nutritional Recommendations

Fiber-rich foods, including whole-grain carbohydrates. Fruits and vegetables for vitamins and minerals. Lean proteins such as fish and chicken, to decrease cholesterol. Low-fat dairy products. And the reduction or removal of sugary drinks and foods.

Exercise Recommendations

Cardiovascular work-outs such as Walking or running, biking, hiking, and for the gym goers, high-intensity interval training (HIIT). Your doctor will recommend the best exercises for your current cardiovascular

fitness level. If motivation is a problem, add adventure to your workout. Visit new places, compete against yourself by trying to beat your lap time around the park.

These appointments, tests, and treatments can save your life while making life more enjoyable.

Preventable Cardiovascular Diseases

Arrhythmia

Irregular, slow, or fast heart rate.

Coronary Artery Disease

Damaged and narrowed arteries that block blood flow to the heart.

Peripheral Artery Disease

Narrowed arteries that reduce blood flow to the limbs.

Heart Attack

Blocked blood flow to the heart damaging cardiovascular muscle.



Stroke

Reduced blood flow to the brain-damaging the cells responsible for all bodily functions.

All of these Cardiovascular Diseases are caused by high cholesterol, high blood pressure, diabetes, smoking, drinking, sleep apnea, and inactivity. Every one of these causes and diseases are preventable with the right intervention made by a doctor.

Doctors order ECG Tests to find these Cardiovascular Diseases. An ECG records the electrical signals in the heart. It is a common and painless test that detects problems within the heart, and is used to monitor an individual's heart health. These tests are done in doctors' offices, clinics, and hospitals. ECG's check for tachycardia (fast heart beat), bradycardia (slow heart rate), arrhythmias (irregular heart rate), ventricular hypertrophy (enlargement of the heart), coronary artery disease, heart attack, and many other cardiovascular diseases.

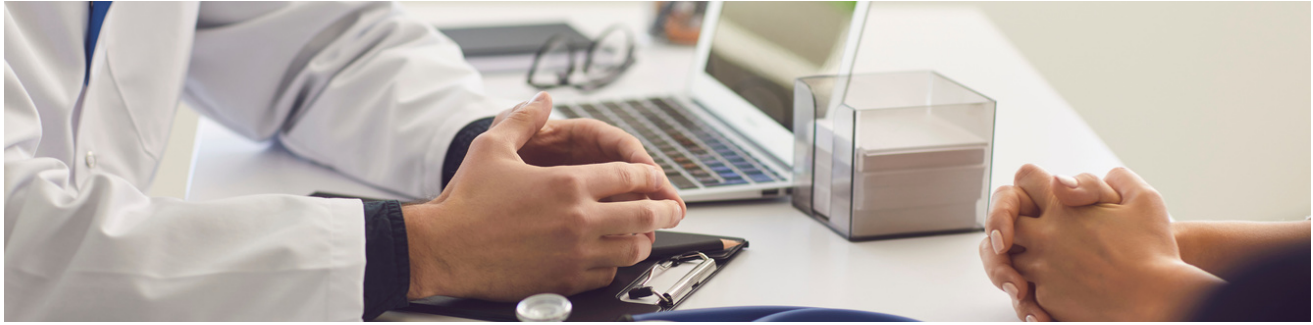


Regular Appointments with your doctor give you the best chance to detect heart disease and receive the correct treatments before problems occur.

The diagnosis, prevention, and treatments offered at almost all medical centers can save your own and other's lives. All it takes is a regular check-up with a doctor to reduce the massive statistic that is heart-related disease and death.

A simple call to your local doctor's office or clinic can setup life long monitoring of your cardiovascular health. Doctors offer the treatments and recommendations needed to live your entire life healthy and happy.





“A Full 12 Lead ECG will show if there are any signs of heart disease, define, and locate it. That information will help you identify the current cardiovascular state of your patients heart, and affect what diet or exercise program you may recommend to your patient. You will want to monitor your patient’s heart alongside any programs you may recommend to your patient over time.” - Roger E. Nasiff Ph.D.



Resources

[Know Your Risk for Heart Disease - CDC](#)

[High Cholesterol - Mayo Clinic](#)

[Heart Arrhythmia - Mayo Clinic](#)

[Coronary Artery Disease - Mayo Clinic](#)

[Peripheral Artery Disease - Mayo Clinic](#)

[Heart Attack - Mayo Clinic](#)

[Stroke - Mayo Clinic](#)

[Electrocardiogram ECG - Mayo Clinic](#)