

## Learn how to keep your Heart Healthy and prevent Heart Disease this May

In the light of the current COVID-19 pandemic, you may have started to follow every CDC-recommended guideline to safeguard yourself against the deadly virus.

However, amidst all of this, it is quite easier to lose track of your heart health. And there has been a staggering increase in the number of cardiac deaths after the onset of the pandemic, reveal statistics. This shows that apart from keeping yourself safe from the COVID-19 virus, you also need to monitor your heart health and take steps to prevent heart disease and stroke.



Fortunately, May is celebrated as Stroke Awareness Month, American Stroke Month, National High Blood Pressure Education Month in an effort to raise awareness about heart disease and stroke.

With this month's goal in mind, we have also pulled together a few things you should follow starting today to keep your heart health in good condition, blood pressure balanced, and stroke at bay. Let's look at them:

### Monitor your heart health:

The first is always to know where you stand in terms of heart health. To do so, you can use a PC-based **ECG Resting** device that helps you monitor your heart rate at rest and provide other vital stats. You can also consult your doctor for the same.

If you have heart disease or diabetes, it's all the more essential for you to keep an eye on your heart health.

### Eat a healthy diet:

Experts recommend including more fruits, berries, green leafy vegetables, fish, nuts, whole grains, and meat into your diet to improve heart health. Also, you should limit the consumption of processed foods, sweetened drinks, and refined carbohydrates, and foods high in sodium, sugar, and trans fats since such foods often worsen heart health.

### Say "NO" to smoking:

If you smoke, it's high time that you take steps to quit it. And if you find giving up on this habit challenging, feel free to discuss this with your loved ones and ask for their help. A puff of cigarette has more than 70 carcinogens, most of which are linked to cancer and other life-threatening diseases.

### Limit alcohol:

It's no secret that alcohol is damaging to your liver. But many people don't know that it also increased blood pressure to unhealthy levels. And high blood pressure is one of the leading causes of heart attack and stroke, according to reports. So, limit your alcohol intake as much as possible to keep your heart in top shape.

### Exercise:

Last but not least, keep yourself physically active to curb the development of cardiovascular disease. Adults should do at least 150 minutes of moderate-intensity aerobic activity every week or 75 minutes of vigorous aerobic exercise every week.

### In a nutshell:

Maintaining heart health is crucial, especially during these times when death by cardiac disease is at its peak. If you have heart disease, monitor your heart health regularly by investing in a PC-based **ECG Resting** device and maintain a healthy lifestyle to live longer and healthier.

For state-of-the art and improved accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

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### About Nasiff

*Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at [www.nasiff.com](http://www.nasiff.com).*