

American Heart Health Awareness Month: Keeping Your Heart Healthy

Many people are unaware of this but on the first Friday of every February, which is referred to as American Heart Health Awareness Month, millions of Americans swarm the streets with red sharing a common goal — combating heart disease and stroke. From students to teachers, bankers to Wall Street brokers, doctors to feds, everyone wears red on this day to help raise awareness about heart health and encourage others to take care of their heart to prevent heart diseases.



Considering you may want to contribute towards this common goal of eradicating heart problems, we have compiled a few heart health tips that you can imply on yourself and give to everyone around you, from family members to friends to colleagues and others.

Here's are some tips to keep your heart in good shape:

Eat healthily. Consuming healthy foods, such as green vegetables, fruits, nuts, and others not only provides your body with the necessary nutrients but also keeps your heart in good condition.

Avoid processed food. Processed foods contain added-preservatives, chemicals, etc. and are rich in fat, sugar, and empty calories, all of which are linked to increased risk of heart problems, including stroke.

Maintain ideal weight. According to statistics, obesity is directly linked to increased risk of heart disease, type 2 diabetes, high blood pressure, and other chronic conditions. Maintaining an ideal weight may help you avoid serious heart problems.

Exercise. Engaging in physical activity, such as sports, gym, running, etc. is known to improve overall health, including heart health. Make sure to exercise at least thrice a week.

Avoid alcohol and drugs. Alcohol not only affects your liver but it also takes a toll on your heart health and blood pressure level, which is linked to stroke.

Quit smoking. Smoking constricts blood vessels, which restricts blood flow to the heart. Gradually, this leads to heart problems, including stroke, arrhythmia, and others.

Manage stress. Studies link stress to changes in the way our body clots blood, which is a potential risk factor for heart disease. Use a **Holter EKG** device to monitor your stress level.

Control your cholesterol level and blood pressure. Keeping track of cholesterol levels and blood pressure is a good way to prevent serious heart disease. Pay regular visits to your medical doctor who will use **Holter EKG** to monitor your blood pressure and cholesterol level.

Final Note

Turns out, there has never been a better time than American Heart Health Awareness Month to adopt healthy behaviors and raise awareness about heart disease and stroke. Make sure you have a fair share of contribution towards making America healthy.

To improve 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.

American Heart Health Awareness Month: Heart Disease can happen at any age

Contrary to popular beliefs, heart disease doesn't happen to older adults only. Younger adults are at an equal risk of developing heart conditions. This is because several conditions that cause heart disease are happening to people who are at a young age. If you're taking a step towards a healthy heart, February, also known as American Heart Health Awareness Month, is the perfect month to learn about the risk of heart diseases.



Heart disease can happen at any age. Younger people who are between 35 and 65 of age and have conditions like blood pressure and obesity are at higher risk of developing heart disease earlier in their life. Below we have mentioned some conditions and behaviors that put younger people at risk for heart disease

- **Smoking** - As much as 35 million U.S. people are smokers while thousands of younger people are passive smokers or developing a smoking habit. Taking in tobacco smoke damages blood vessels which ultimately, develops heart conditions.
- **High Cholesterol** - Having diabetes and obesity puts people at risk of heart conditions. Other unhealthy habits like eating junk, smoking and no physical activity lead to high cholesterol levels.
- **High Blood Pressure** - More than half of all Americans have uncontrolled high blood pressure, this includes those who are in their 40s and 50s. Not keeping high blood pressure under control causes heart disease and increases the chance of harmful conditions like stroke and chronic kidney disease.
- **Diabetes** - When sugar builds up in the blood it damages blood vessels and nerves. As much as half of all Americans have diabetes.
- **Obesity** - One out of three adults and one out of six children are obese. Extra body weight puts stress on the heart to pump blood to the body's extremities and vital organs.
- **Unhealthy eating habits** - Almost every American's diet includes sodium in high amount, which increases the chances of developing high blood pressure. It's recommended to add fresh fruits and green vegetables to the diet; however, only one out of ten adults eat them daily. A diet full of saturated fat, trans-fat, and added sugar puts the person in a risk zone of heart conditions.
- **No physical activity** - Staying physically active and fit is essential to keep the heart in good health. But only one in five adults follows a moderate or a high-intensity workout routine.

If you're already a victim of a heart condition and need to monitor from time to time, get accurate reporting with **Holter EKG** monitoring system.

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