

National Nutrition Awareness Month: How to Take Care of Your Heart

Stress also presents physical signs such as weakness, headaches, and muscle pain, which can also lead to severe health issues such as cardiovascular disease. In fact, as a result of stress, 77% of Americans report having physical symptoms, while 33% believe they are feeling intense stress, and 48% blame stress for having negative effects on their professional and personal life. The relationship between chronic stress and cardiac disease is not well known. Stress has been proposed to cause inflammation, a recognized heart attack instigator, although this has not been confirmed.



April is the Annual Stress Awareness Month, and while for the vast majority of Americans, depression is inevitable, there are also ways to better reduce and handle it. Look at those four tips to reduce and handle tension in your life.

- **Eating habit**

Eating a diet full of new, whole foods actually helps the body ward off tension. Stimulants such as caffeine, alcohol, and nicotine that can intensify pain, interfere with sleep, and exacerbate the effects of stress on the body are often prudent to prevent.

- **Exercise routine**

If you're taking a stroll or playing golf, your body releases mood-boosting chemicals called endorphins each time you're physically involved. Not only does exercise melt away heat, but it also saves you from a heart attack by reducing your blood pressure, improving your back muscle, and helping you sustain a healthier weight. Rhythmic exercise like walking, jogging, and swimming proved to be especially successful. Aim for moderate exercise within 30 minutes, five days a week.

- **Being Proactive**

You are the best spokesperson for yourself. When you feel stressed and worn out, have a look at all that's going on with your life to see if any stuff should take a backseat before you're feeling up to tackling them. Create a list of circumstances that may cause future tension, and then decide which conditions to handle the outcome you should prevent or improve. To track your health activity, make an appointment with your physician for a **Stress test** to know if your heart has been affected.

- **Do what you love every day**

Want to take a culinary class? Start a flower garden? Learn new skills? Find the time to do what you enjoy which provides an opportunity for stress relief. Don't be overwhelmed by the possibility of taking up something different – it can be as simple as playing Solitaire's 15-minute session.

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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