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## Top New Year's Resolution to Boost Your Heart Health

**A** challenging year, 2021 has been and we can only look forward and hope for much better days in 2022. Looking back, if there's anything that the Covid-19 pandemic has taught us is to prioritize our health. As the new year sets in and you make your customary New Year's resolutions, take this as an opportunity to focus on your health, particularly heart health.

According to an article by the [American Heart Association](#), heart diseases are one of the leading causing of death in the United States. If you want to make a change in 2022 that could have a real, positive impact on your life, why not make better heart health a part of your New Year's resolutions? Here are a few new year's resolutions that will help you boost your heart health.

### Resolve to Lose Weight

Is losing weight already on the top of your list for 2022? You are not alone! While you might be planning to lose weight to look a certain way or be a certain shape, it is important to realize how maintaining optimum weight can help keep your cardiovascular health in check. Studies prove that obesity can increase your risk for chronic diseases such as Type 2 diabetes, heart disease, stroke and blood clotting.

While it is common to take on fad diets to maintain optimum weight, they aren't always the best approach to yield sustainable, long-term results. Instead of subscribing to these to these ephemeral trends, you can focus on lifestyle modifications that includes healthy eating and regular exercise.

### Get Regular Check-Ups

If you don't go for regular check-ups, you should start to think about incorporating them into your health routine. During an annual physical, your doctor is likely to conduct tests to ensure you don't have any major health issues and identify any potential problems in their earliest stages. Going for a physical is an important step that can help you focus on heart health risk modification and prevent problems from arising down the road.

When it comes to monitoring heart health, health-care professionals use [cardiac bluetooth devices](#) to monitor cardiac patients for extended periods of time. They employ this technology to find heart problems in their early stages.

### Cut down on Sugar

A research published by the [American College of Cardiology](#) claims that consuming foods and drinks high in fructose can increase your risk of heart attack and other deadly heart diseases by 35%. So, by reducing the intake of sugary snacks and beverages can go a ways to improving your heart health. Reach out for fresh fruits and dates instead of cookies and candies to satiate your sweet cravings.

If you run a healthcare facility and are looking to upgrade to a mobile [cardiac bluetooth systems](#), reach out to Nasiff.

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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!](#)

### 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 unsurpassed customer care. All systems come complete with a Universal EMR Interface™. More information about our products can be found at [www.nasiff.com](http://www.nasiff.com).*