

FEBRUARY 2024

**KEEPING YOUR HEART  
HEALTHY IS SOMETHING YOU  
CAN WORK ON EVERY DAY...**

**KEEPING YOUR HEART  
HEALTHY WITH THE  
NASIFF CARDIOCARD EKG**



**FEBRUARY IS HEART HEALTH MONTH.** HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR BOTH MEN AND WOMEN IN THE UNITED STATES. THE GOOD NEWS? IT IS ALSO ONE OF THE MOST PREVENTABLE. KEEP EDUCATING YOURSELF...



## KEY TAKEAWAYS

- Healthy eating can help look after your heart. There are some nutrition tips that can help you keep your heart healthy
- Regular physical activity reduces your risk of having a heart attack or developing heart disease

- Quitting smoking decreases your risk of a heart attack and a stroke almost straight away
- The key to your heart health is to understand and control your blood pressure and your cholesterol

Five things that can have a big impact

on your heart are what you usually eat, how much you move routinely, whether you smoke and if you are controlling your cholesterol and blood pressure.

**Find out why they're so important and get practical tips on how you can live a heart healthy lifestyle.**

## WHY CHOOSE US?

A MED-TECH COMPANY COMMITTED TO ENHANCING PATIENT CARE IN HOSPITALS, OFFICES, AND HOME-BASED MEDICAL FACILITIES BY DELIVERING HEALTHCARE PROVIDERS WITH INNOVATIVE SOLUTIONS.

## TIPS FOR A HEART-HEALTHY EATING PATTERN

A heart-healthy eating pattern is not a restrictive diet. Instead, it is a pattern or combination of foods, chosen regularly, over time. This select combination is outlined in the [\*Heart Foundation's Heart Healthy Eating Pattern\*](#) recommendations, and includes vegetables, fruit, wholegrains, healthy proteins and fats, and using herbs/spices instead of salt.

This style of eating is naturally low in [\*unhealthy fats\*](#), [\*salt\*](#) and added sugar and rich in [\*healthy fats\*](#), [\*proteins\*](#) and [\*vegetables\*](#) along with wholegrains, fiber and antioxidants.

The Heart Foundation recommends that people with existing heart disease, including those recovering from a heart attack, or with risk factors like high blood pressure and cholesterol should follow our Heart Healthy Eating Pattern with some key changes. Find out more about these [\*key recommendations for nutrition and heart disease\*](#).

## TIPS FOR BEING MORE ACTIVE

Doing regular physical activity reduces your risk of having a heart attack or developing heart disease. Keeping active helps to control common heart disease risk factors, including:

- High blood pressure
- High cholesterol
- Being overweight

Regular physical activity can also help strengthen your bones and muscles. It can help you feel more energetic, happier and relaxed.

### 1 Move more

Any physical activity is better than none.

### 2 Set realistic goals

Start with small, realistic goals and work your way up to the recommended 30-60 minutes of moderate-intensity physical activity (such as brisk walking) on most days of the week.

### 3 Choose activities you enjoy

When you enjoy being active, you're more likely to do it more often.



### 4 Get social

Stay motivated by doing physical activity together with a group of friends or family, or even with your dog.

### 5 Sit less

Adults who sit less throughout the day have a lower risk of early death, particularly from heart disease.

Find out more about [\*getting active\*](#) and [\*Heart Foundation Walking\*](#) as a way to keep active.

## TIPS TO HELP YOU BE SMOKE-FREE

The first step to quitting is understanding the risks associated with smoking.

Smoking damages the blood vessels leading to your heart, brain and other parts of your body. This makes you four times more likely to die of heart attack or stroke and three times more likely to die from sudden cardiac death.

### 1 Keep trying

Quitting smoking isn't always easy. It can take persistence. You can do it with planning, practice, and help.

### 2 Reach out for support

If you're finding it hard to quit, support is available. Call Quitline on 137 848. You can also talk to your doctor about options that might help you.



### 3 Quit for loved ones

To protect the health of your family and friends, stop smoking inside your home, car and other enclosed places.

### 4 Do it now

When you quit smoking, your risk of heart attack and stroke decreases almost straight away.

Get more information and support to help you quit smoking.

## TIPS THAT HELP YOU UNDERSTAND AND CONTROL YOUR CHOLESTEROL LEVELS

### 1 Eat a heart healthy diet (include healthy fats and fiber)

A heart healthy eating pattern can help you balance your cholesterol levels by including foods:

- Rich in fiber and phytonutrients (from plant-based foods that include fruit, vegetables, wholegrains and beans/legumes)
- Foods with unsaturated fats (foods that include nuts, seeds and olive oil) and omega-3s (foods including fish, and nuts and seeds)

Choosing these healthy foods, regularly, helps to 'crowd out' less healthy choices like foods rich in saturated and trans-fat (including takeaway foods, fried foods, biscuits, pastries, and processed meats). Eating too much saturated and trans-fat can elevate blood cholesterol levels.

Including foods rich in fiber can assist in lowering LDL cholesterol levels, while when you include healthy unsaturated fats in place of unhealthy saturated fats, you can balance cholesterol levels (bring down the 'bad' LDL cholesterol and you can increase the 'good HDL').



Read even more about healthy eating for healthy cholesterol here.

The Heart Foundation includes the optimal combination of healthy foods in our [Heart Healthy Eating Pattern](#) information, recipes

and meal plans.

### 2 Get to know your levels

A key step in controlling your cholesterol is finding out what your cholesterol levels are. If you're 45 years or older (30 years or older for Aboriginal and Torres Strait Islander peoples) you should see your doctor for a Heart Health Check.

### 3 Prescribed medications

The best way to reach your treatment goals and enjoy the benefits of better heart health is to follow the advice of your doctor or pharmacist and take medicines exactly as directed.

## TIPS THAT HELP YOU UNDERSTAND AND CONTROL YOUR BLOOD PRESSURE

Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps it around your body. It's a vital part of how your heart and circulation work.

Blood pressure that's high over a long time is one of the main risk factors for heart disease. As you become older, the chances of having ongoing high blood pressure increases.

## ABOUT NASIFF

**Heart disease** is a serious health concern that causes more fatalities than any other disease. An Electrocardiogram (ECG) is a non-invasive diagnostic test that measures the electrical activity of the heart and can help detect heart abnormalities, such as heart damage or abnormal heart rhythms. ECG is one of the most reimbursed tests because it does a great job at finding early signs of heart disease. Dr. Nasiff has developed diagnostic tools that are **highly regarded** in the medical community.

## 1 Get active

Being regularly active helps to control high blood pressure and reduces your chances of having a heart attack or developing heart disease.

## 2 Minimize your salt intake (eat a healthy diet)

Eating a diet high in salt, and low in foods such as vegetables, fruit and wholegrains, can lead you to having higher blood pressure. Having more than 5 grams of salt (or a teaspoon) each day increases your risk of heart disease and stroke. A heart healthy eating pattern includes foods which are linked to good blood pressure, including vegetables, fruit, wholegrains, beans and legumes, fish and unflavored dairy.

Read more about healthy eating for healthy blood pressure [here](#).

The Heart Foundation includes the optimal combination of healthy foods for healthy blood pressure in our [Heart Healthy Eating Pattern](#) information, recipes and meal plans.

## 3 Know your numbers

You can't feel high blood pressure. That's why it's important to get it checked and learn about how to manage it.

## SEE YOUR DOCTOR FOR A HEART HEALTH CHECK-UP

If you are 45 years or older (30 years or older for Aboriginal and Torres Strait Islander peoples), you should see your doctor for a Medicare-covered Heart Health Check.

During a Heart Health Check, your doctor will assess your risk factors for heart disease, including your:

- Blood pressure
- Cholesterol
- Diet
- Physical activity levels
- Medical and family history

Your doctor will then inform you what your risk is of a heart attack or stroke in the next five years. The most important part of this check-up is working with your doctor to manage your risk factors to improve your heart health.

## 3 KEY STEPS

1. **Talk to your doctor:** your doctor will start your check up by talking with you about your heart disease risk factors
2. **Learn about your risk:** once your doctor knows your risk factors, they will enter this information into a web-based calculator to understand your risk of having a heart attack or stroke in the next five years
3. **Manage your risk:** depending on your result, your doctor may encourage you to keep doing what you are doing, or give support, advice, and information to make heart-healthy changes

Read more about [heart health checks](#) and why you should get one.

## MORE ABOUT NASIFF

Nasiff Associates remains on the cutting edge, so it makes sense that we are the first ones to introduce the first PC based 12-lead EKG device with both USB and Bluetooth capabilities in the same device.

Our in-house support team is unsurpassed, responsive, trained, and available to provide you with what you need via phone or the internet. We guarantee the customer care you deserve no matter what platform you are using or where you may be.

Every device, system, and service has been skillfully developed and made in the USA.