

AMERICAN HEART MONTH

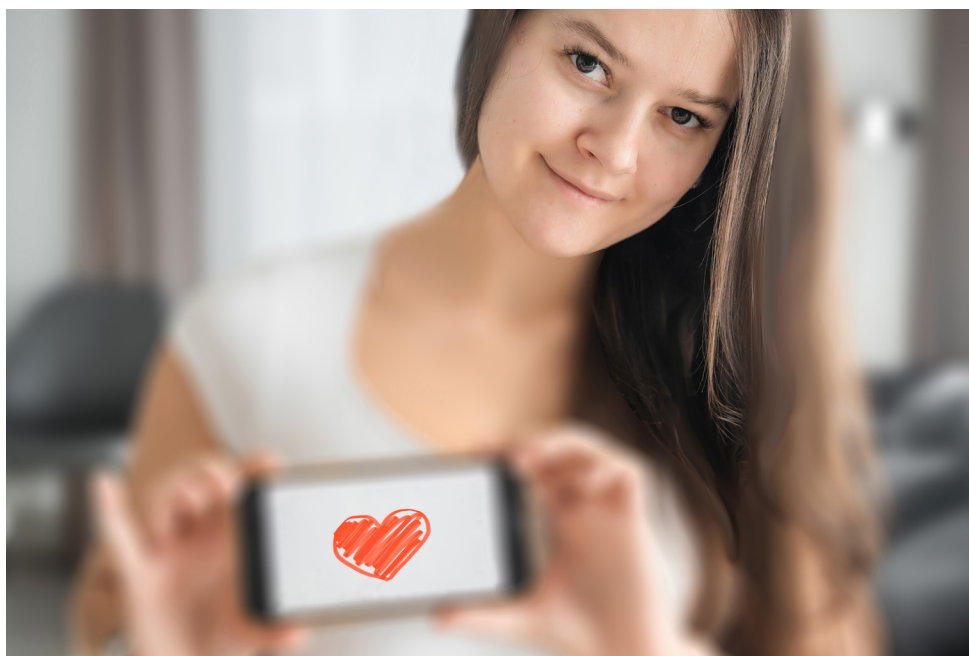
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DIAGNOSTIC ECG SYSTEMS
AMERICAN MADE

Important Things to Consider

Every February marks the annual American Heart Month in the United States. This month raises awareness about heart disease and helps people learn how to protect their heart health. The federally designated event stands as a reminder to all.



What Is American Heart Month?

After a request from Congress, President, Lyndon B. Johnson authorized the first American Heart Health Month to take place in February of 1964, marking the beginning of a long-standing tradition. It has been celebrated in the USA every year since. Fundraising and heart health awareness events take place all over the country in February. For example, some years, the National Heart, Lung, and Blood Institute (NHLBI) and the Heart Truth® will often partner with the #OurHearts movements throughout this month. You can also get involved with each campaign by using the hashtag on Twitter and Facebook. The #OurHearts

campaign is broken into weekly themes:

• WEEK ONE: Be Physically Active

At the first of February, Heart Awareness Month, the campaign encourages people to get together and be more physically active. You could get a team together for a sporting event, you can organize a group walking session, or even take a new gym class. **Decide how you would like to get active and encourage others!**

• WEEK TWO: Eat Healthier

Eating well is a smart way to protect the heart's health. During the campaign's second week, participants are always encouraged to learn more about heart-healthy foods. The key is to attempt and



Be Physically Active

• 1 •



Eat Healthier

• 2 •



Track Your Heart Health Stats

• 3 •



Manage Stress, Sleep, and Quit Smoking

• 4 •



cook balanced meals at home and even **invite friends over for dinner.**

**• WEEK THREE:
Track Your Heart Health Stats**

Throughout week three of the American Heart Month, those participating in the #OurHearts campaign will track their health stats. Be sure and check blood pressure, and **use your smartphone or a wearable tracker to see how well your heart is performing.**

Look out for the warning signs, check your genetic predisposition, and get regular medical checkups



• WEEK FOUR: Manage Stress, Sleep Better, and Quit Smoking

In the campaign's final week, we combine all the ways you can protect your heart. Better sleep, less stress, and quitting smoking are a very smart places to start. Don't forget to **share your results on social media.**

Why Does American Heart Month Matter?

One in four deaths in the USA is caused by heart disease, so this is a very critical national issue. Nevertheless, in recent research it suggests that many people lack education about their own cardiovascular conditions and all of the warning signs. **The American Heart addresses the lack of awareness by getting us all thinking about how we can keep our hearts healthy.** Because heart disease in America is so far-reaching and important. Many Americans raise funds for heart organizations and related charities through activities, events, and campaigns. **You can donate** to many organizations, which should include the American Heart Association, also to Women-Heart: The National Coalition for Women with Heart Disease, and the World Institute on Disability.

Major Risk Factors for Heart Disease

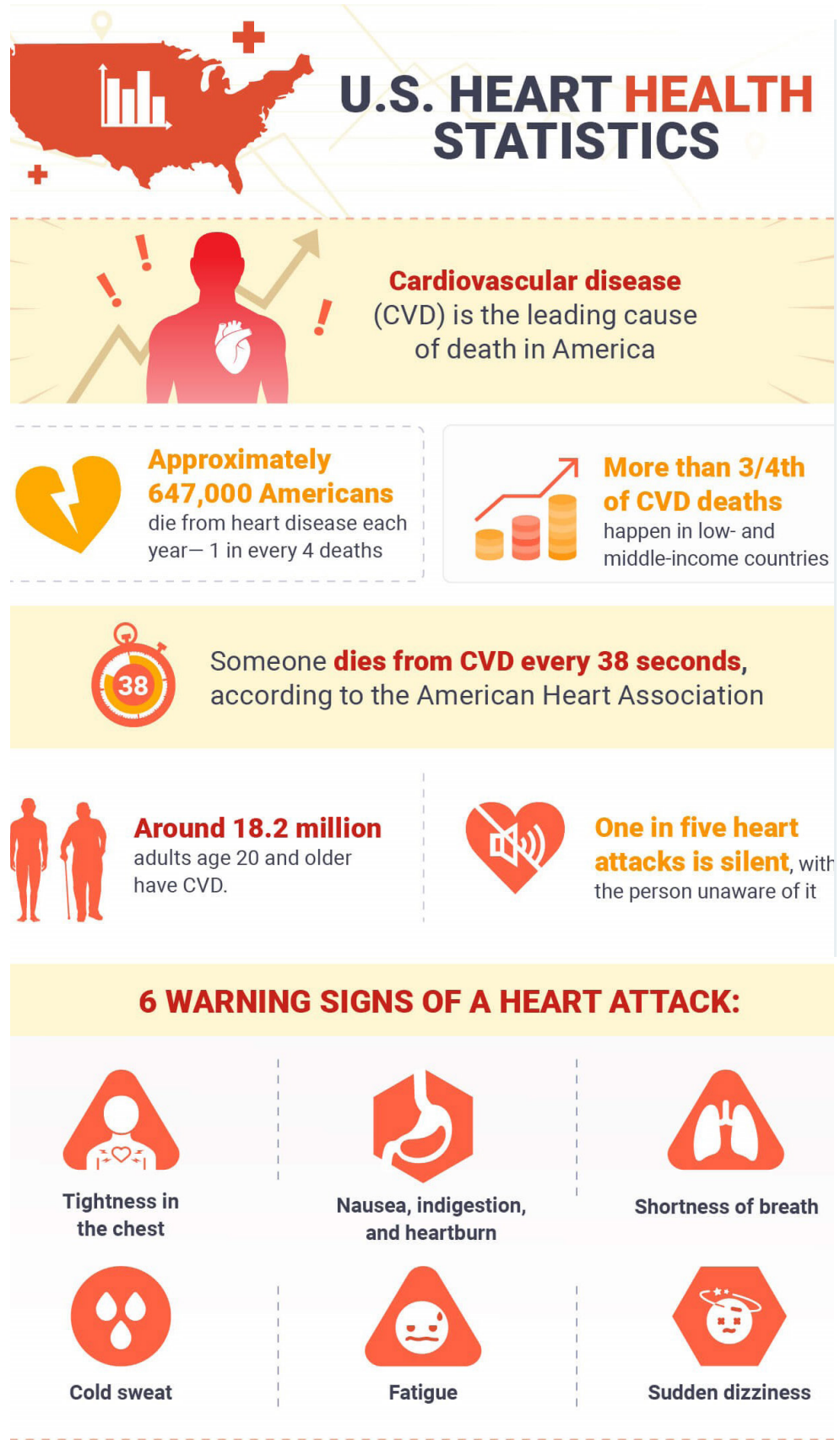
Many different risk factors affect your chances of developing heart disease. When you understand what aspects of your life play a role, it can help you make changes to improve your health. Of course, there are some risk factors that you can't change, but you should still be aware of them.



The risk factors that the American Heart Association identifies for this condition:

- > **Advanced Age:** Your risk increases as you age, with most deaths occurring in the over-65 age group, so staying as healthy as possible through exercise and diet is the best way forward
- > **Gender:** Men are at risk of having a heart attack more than women, and having one earlier, too. So, men should be more cautious when it comes to heart health
- > **Heredity Risk:** You have a higher risk of developing heart disease if other family members have it. You may want to get your DNA tested for any hereditary risk, and discuss the results with your doctor
- > **Smoking:** It negatively impacts your everyday health, the American Heart Association notes that smokers are more likely than non-smokers to develop heart disease. If you smoke, it's time to kick the habit!
- > **Low Physical Activity:** Don't lead a sedentary lifestyle. One significant risk factor for coronary heart disease, you don't have to be an elite athlete to increase your activity levels either as extra protection
- > **Being Overweight:** Over weight people are more likely to develop heart disease. Excess body fat around the stomach and abdomen is dangerous and can lead to high blood pressure
- > **Stress:** Your physiological stress response could be a leading risk factor for having a heart attack. Look for healthy ways to deal with the stress in your every life, like mindfulness and meditation...
- > **Alcohol:** Drinking excessively can raise your blood pressure, which is a real risk for heart related illnesses. If you have a problem with alcohol, get help from a medical professional
- > **Poor Diet:** Eating affects your health. Eat nutrient-rich foods (fruits and vegetables) and limit red meat and sugar which is a good start

Important Heart Failure Statistics



How to Check for Heart Disease

Since heart disease and heart failure are so common in America, it's vital to know how to check for these illnesses by **looking out for the warning signs**, **checking your genetic predisposition**, and **getting regular medical checkups**. Let's look at each of these.

Look Out for the Warning Signs

Keeping track of your day-to-day health is essential. Although these symptoms don't necessarily mean that you have a heart problem, the American Heart Association encourages you to look out for the following:

- › **Shortness of Breath:** Do you experience shortness of breath when active or resting? These symptoms could indicate that your body isn't getting the oxygen it needs due to heart-related issues
- › **General Tiredness:** Do you struggle to complete simple daily activities? Constantly feeling tired – even when just waking up – could be symptomatic of a more significant underlying health concern, such as your heart failing to pump enough blood around your body
- › **Sickness or Lack of Appetite:** You might feel full or even sick when your heart fails to pump blood around the body because your digestive organs can't function properly when they're not getting enough blood
- › **Confusion:** Even confused and impaired thinking could indicate heart problems. This is because levels of substances in your blood (such as sodium) affect your brain
- › **Coughing or Wheezing:** If you constantly wheeze or cough up white or pink blood-tinged mucus, you should contact your doctor immediately. This could be a sign of fluid build-up in the lungs related to heart failure
- › **Fast Heart Rate:** An elevated heart rate is a worrying sign unless there is a clear cause – such as running to catch a bus. So are heart palpitations. If you experience these symptoms, speak to a doctor soon!

Check Genetic Predispositions

While heart disease and other heart-related conditions can be triggered or made worse by lifestyle factors, some people are more at risk than others due to their unique genetics. **Ordering a DNA test kit makes it easy to discover if you're genetically predisposed to heart conditions.** When your kit arrives, spit into a test tube, take a cheek swab, or (rarely) submit a blood sample from the tip of your finger. You'll get your results online within a few weeks. Some of the most popular and trusted DNA test kit providers are as follows:

Futura Genetics: A Futura Genetics DNA kit is designed to test 28 of the world's most common health conditions, including the **risk level for coronary heart disease (CHD)**. People with CHD have narrowed arteries caused by fatty substances in the blood.

EasyDNA: An all-in-one health testing package from EasyDNA analyses with

around 700,000 genetic markers for 200 of today's most common diseases. The report summarizes your **genetic health risk for coronary heart disease (CHD)** and various other conditions.

23andMe: This popular and common DNA testing service reports on **several genetic factors that impact heart health**. You'll learn about your risk for coronary heart disease, atrial fibrillation, and a rare heart condition called hypertrophic cardiomyopathy. It can also report on how your genes could affect your response to anti-clotting drugs to reduce the risk of a heart attack.

Helix: The Helix DNA kit tests for predisposition to **familial hypercholesterolemia (FH)**, a condition that can increase your coronary artery disease risk quite a bit. The test also checks if you are a carrier for specific genetic conditions so you can protect your family even if you're not at risk yourself.

Color: Color DNA helps you learn about



your chances of developing **inherited heart conditions such as cardiomyopathy, arrhythmia, arteriopathy, and familial hypercholesterolemia**. This will help you understand your chances of developing these diseases which can help you protect yourself by changing your lifestyle.

Pathway Genomics: A **Cardiac DNA Insight** test from Pathway Genomics will reveal your risk of various heart-related health conditions, including hypertension, familial hypercholesterolemia, venous thrombosis, and heart disease. You'll also learn the clinical implications of any

of these conditions.

Invitae: A Genetic test that only looks at your own *pre-dispositions* to diseases, not whether you have those diseases. That said, Invitae's website claims that its genetic tests can:

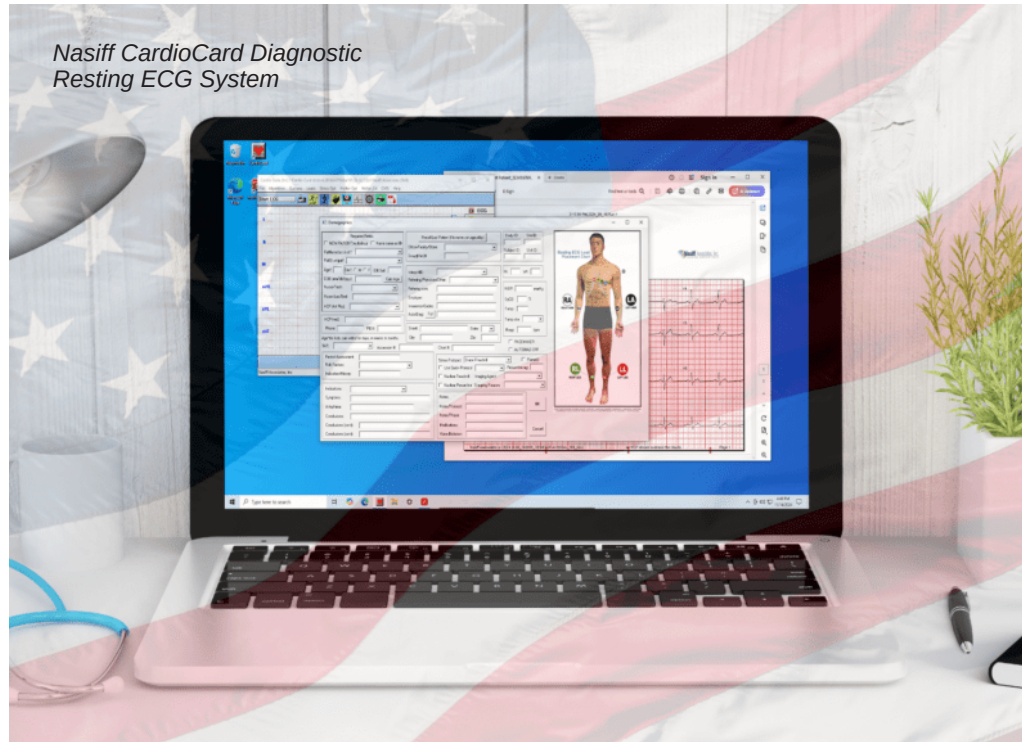
- › provide a medical diagnosis for unexplained symptoms
- › confirm a suspected disease
- › help identify new or better treatment options
- › confirm eligibility for clinical trials
- › identify family members who



Get Regular Medical Checkups

DNA testing can tell you if you are genetically predisposed to certain heart-related health conditions (so you can adjust your lifestyle) or if you are a carrier (so you can also encourage the rest of your family to get tested). However, **DNA tests**

Nasiff CardioCard Diagnostic Resting ECG System



don't tell you if you have heart disease. Only your doctor should do this, so you can always discuss your and your family's genetic predispositions with them. And be sure to accept your primary care provider's invitations for regular heart checkups and screenings. This **could save your life** or make it more comfortable.

The Takeaway

The **#OurHearts campaign** is one example of a health awareness month taking place in 2025. There are many other ways to get involved and help raise awareness during American Heart Month. Of course, **you do not have to wait until February every**

year, you don't have to be American to learn more about the devastating effects of poor heart health. Get tested today, and make the necessary changes to prolong your life and make it more comfortable.

More Resources

Here are some valuable resources that will help you find out more about how to protect your heart and lower your risk of health issues:

The American Heart Association: <https://www.heart.org>

World Health Organization (WHO): <https://www.who.int/health-topics/cardiovascular-diseases>

The Heart Foundation: <https://theheartfoundation.org>



WHY CHOOSE NASIFF?

A Medical Technology Manufacturer
Nasiff Associates is a medical technology company committed to providing Diagnostic ECG Solutions to Healthcare Providers. A patient care leader to hospitals, offices, tele-health, and home-based medical services by delivering healthcare providers and their patients with computer cardiology solutions. Nasiff is supported by an All-American sales and support team when you need it.

Heart disease is a significant health issue, it is responsible for more deaths than any other condition. An Electrocardiogram (ECG) is a non-invasive diagnostic test that measures the heart's electrical activity, it helps to identify abnormalities such as heart damage. The ECG is one of the most frequently reimbursed tests because it effectively detects early signs of heart disease. Dr. Nasiff made diagnostic tools and is **very respected** in the medical community.