

# Words of Wellness



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## HEART HEALTH AND TOBACCO FREE LIVING

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### 8 steps to prevent heart disease

1. Control your portion size- How much you eat is just as important as what you eat.
2. Eat more vegetables and fruits- Vegetables and fruits are also low in calories and rich in dietary fiber as well as good sources of vitamins and minerals.
3. Select whole grains- Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health.
4. Limit unhealthy fats- Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease.
5. Choose low-fat protein sources- Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein.
6. Reduce the sodium in your food- Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease.
7. Plan ahead: Create daily menus- Create daily menus using the six strategies listed above.
8. Allow yourself an occasional treat- Allow yourself an indulgence every now and then.

**7 REASONS POSITIVE EMOTIONS ARE GOOD FOR YOUR HEART:**  
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- Laughter makes blood flow more freely**
- Hugs release Oxytocin and remove stress from the body**
- When you meet someone that your heart goes crazy for, your heart gets a workout**
- Spending time with a loved one lowers blood pressure**
- Love letters may lower blood cholesterol**
- Holding hands calms nerves**
- A positive attitude lowers the risk of heart attack**

### 10 health benefits of stopping smoking

1. Stopping smoking lets you breathe more easily
2. Stop smoking gives you more energy
3. Ditch the cigarettes and feel less stressed
4. Quitting leads to better sex
5. Stopping smoking improves fertility
6. Stopping smoking improves smell and taste
7. Stop smoking for younger-looking skin
8. Ex-smokers have whiter teeth and sweeter breath
9. Quit smoking to live longer
10. A smoke-free home protects your loved ones



Tobacco use has numerous documented negative health effects, but quitting tobacco can lead to positive, immediate and long-term health benefits.

#### On the first day you quit...

- within **20 minutes**, your heart rate and blood pressure drop
- within **12 hours**, the carbon monoxide level in your blood drops to normal
- within **24 hours**, your chance of a heart attack decreases

#### In the first year you quit....

- within **1 month**, your skin appearance improves
- within **3 months**, your circulation and lung function is better
- within **9 months**, you will cough less and breathe easier

#### After 1 year of having quit...

- after **1 year**, your risk of coronary heart disease is cut in half
- after **5 years**, your risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Additionally, your risk of cervical cancer and stroke return to normal
- after **10 years**, you are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases
- after **15 years**, your risk of coronary heart disease is the same as a non-smoker

Quitting Smoking Can:	
Strengthen your bones, leading to a lower risk of fractures	Allow you to build stronger and healthier muscle
Help your wounds heal quicker	Lower your blood pressure and heart rate
Reduce your risk of cavities	Improve your hearing
Make you look younger	Improve your night vision

## 7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.



"To show support for Daddy's low cholesterol diet, we'll all be eating porridge for breakfast."



You can use a web-based program or resource to help you quit such as: [www.ucequit2.org](http://www.ucequit2.org) or <https://smokefree.gov/>

TEACHER WELLNESS - IT'S WITHIN YOUR REACH!