



Heart Health

10 Minutes to a Healthier Heart

Don't avoid exercising because you're short on time. Even quick workouts can benefit your heart.

Does spending an hour at the gym seem daunting – and something you really don't have time for? Fitness experts say you can work out 10 to 15 minutes at a time and still reduce your risk for heart disease.

The American Heart Association recommends all adults get at least 150 minutes of moderate physical activity each week.

What is moderate physical activity? It includes:

- ▶ Brisk walking, jogging or running
- ▶ Biking
- ▶ Swimming
- ▶ Dancing
- ▶ Jumping rope

Now, let's tackle those 150 minutes – break it up! One-hundred fifty minutes each week breaks down to 30 minutes, five days a week. Want to break it up even more? Just make sure you are getting at least 10 minutes of aerobic activity at a time. Try 15-minute increments, twice a day, five days a week. That means you could sneak in a 15-minute walk on your lunch hour and spend 15 minutes doing yardwork in the evening. There's your daily exercise – and perhaps, a better-looking yard!

Be sure to check with your doctor before starting any type of exercise program.

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Women and Heart Disease

The facts about cardiovascular disease in women are worrisome. But there are plenty of things you can do to protect your heart health.

Many women live in fear of breast cancer, but they often don't realize that heart disease poses a much greater threat. In fact, heart disease is the number one cause of death among American women. Consider these sobering facts:

- ▶ About 1 in 30 women die of breast cancer. But, nearly 1 in 3 women die of cardiovascular disease, which includes heart disease and stroke.
- ▶ Cardiovascular disease kills more women each year than cancer, lung disease, Alzheimer's disease, and accidents combined.
- ▶ About 24 percent of men who have a heart attack die within a year. In women, the figure is 42 percent.

Your chance of developing heart disease increases with age, and it goes up greatly after menopause. But women of all ages should be concerned about heart disease. It's never too early or too late to take steps to protect your heart.

Take charge of your heart health

You can't change some things that put your heart at risk, such as getting older and having a family history of heart disease. There are also certain conditions that tend to be more common in women, such as lupus and rheumatoid arthritis, which are associated with an increased relative risk for heart disease. But there are plenty of other things you can do to keep your heart strong and healthy.

- ▶ **If you smoke, quit.** Smoking has been closely linked to heart disease as well as a host of other diseases. Quitting is the single best thing you can do for your health. But quitting is hard. Talk to your doctor about products and support that can help you succeed.
- ▶ **Get your blood pressure checked.** High blood pressure (hypertension) makes the heart work harder than normal. It can also damage your blood vessels. But you may have high blood pressure and

not know it because it has no symptoms. Have your blood pressure checked on a regular basis, and if it is high, take steps to lower it. Exercise more, eat less salt, lose some weight if needed, and take medication if your doctor prescribes it.

- ▶ **Control your cholesterol.** Cholesterol is a fatty substance that can clog your arteries and raise your risk of a heart attack. Saturated fat raises your cholesterol level, so limit saturated fats and avoid trans fats. Instead, choose healthy mono- and polyunsaturated fats found in olive oil, nuts, seeds, and some fish.
- ▶ **Get physical.** Regular physical activity can cut your risk for many of the main causes of illness and death, including heart disease and stroke. It can also help you lower high blood pressure and cholesterol and control your weight. Aim for at least 30 minutes of moderate intensity aerobic activity most days of the week. But check with your doctor before you increase your activity level.



- ▶ **Eat a heart-healthy diet.** Eat a diet rich in fruits, vegetables, whole grains, and low-fat dairy. Choose lean meats, cut back on sugar, and watch your portion sizes.
- ▶ **Watch your weight.** In most people, extra pounds leads to higher cholesterol and blood pressure levels. Keep your weight in check by combining a healthy, high-fiber diet with increased physical activity.

Know the signs of a heart attack

The keys to surviving a heart attack are knowing the signs and then acting quickly. Women often fail to recognize they are having a heart attack, and they are less likely than men to seek emergency treatment. That may be one reason why women are more likely than men to die from a heart attack.

We all think we know what a heart attack looks like. We've seen the movies where the man grabs his chest or upper arm and collapses. Some heart attacks are sudden and dramatic. But most of them start slowly with only mild pain or discomfort. This can be confusing and cause a delay in treatment.

Angry People Hurt Their Hearts

Persistent anger can lead to heart problems. Learn why people with aggressive personalities may be setting themselves up for trouble down the road.

Scientists have long observed connections between emotions and health. The heart and the head are often inseparable, whether it is heartache or heartbreak.

Intense emotions like anxiety, happiness and sexual arousal usually come with increases in heart rate and blood pressure. But when it comes to your heart, anger may be a dangerous emotion. An upsetting event – especially one that involves anger – is a common

Some of the signs of a heart attack include:

- ▶ Pain or discomfort in the center of the chest
- ▶ Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach
- ▶ Shortness of breath with or without chest pain
- ▶ Other symptoms such as breaking out in a cold sweat, nausea, or lightheadedness

Chest pain or discomfort is the most common symptom in women. But they are more likely than men to have other symptoms, especially:

- ▶ Shortness of breath
- ▶ Breaking out in a cold sweat
- ▶ Nausea, vomiting, or feeling of heartburn
- ▶ Back, left shoulder, or jaw pain
- ▶ Severe fatigue or fatigue with exertion

Call 9-1-1 right away if you have symptoms of a heart attack. Call even if you're not sure it's a heart attack. Do not wait for someone to drive you to the hospital. Emergency medical personnel can start treatment right away if you need it. Minutes can make the difference between life and death with a heart attack.



trigger for abnormal heart rhythms or even heart attacks.

In the mid-1970s, the benchmark Framingham Heart Study found that suppressed anger could help predict the incidence of heart disease. More recently, a government study showed that men with problems controlling anger had three times the risk of heart disease than those who controlled their anger well.

Personality may predict heart disease

Some people are unable to relax and are quick to feel angry or frustrated when things don't go as planned. These compulsive, driven overachievers are sometimes called "Type A" personalities. Type A behavior might include traits like ambition, urgency, anger, aggression and hostility.

Some older studies found that type A people had a much higher rate of getting heart disease and having heart attacks within five to eight years than those who are relaxed and less aggressive. Other studies did not support this, though. So researchers went back and tried to isolate the trait in Type A behavior that was most linked with heart disease. This research pointed to anger as one of the main culprits.

When comparing angry people to more even-tempered types, angry folks are more likely to have:

- ▶ Lower good-to-bad cholesterol (HDL/LDL) ratios
- ▶ Higher triglyceride (fat) levels
- ▶ Higher blood pressure that may rise even higher in the three years following a major anger incident

Those who are consistently angry are more likely to be male, smokers and drinkers. People with anger problems also tend to come from families that are chaotic and communicate poorly.

How it works

Emotions and stress affect the heart directly through a part of the nervous system that governs heart muscle, glands and smooth muscles – like those in the intestines. Emotions and stress also affect the heart indirectly through hormones and the nervous system.

Activities that lead to intense anger, frustration, anxiety and sadness can trigger the body's natural flight-or-fight response, which in some cases may cause:

- ▶ Narrowing of blood vessels that supply oxygen-rich blood to the heart
- ▶ Rupturing of atherosclerotic plaques, which can cause blood clots to form, leading to heart attack or stroke
- ▶ Blocked arteries caused by blood platelets clumping and sticking

Are you angry?

To determine if you have an anger problem, ask yourself these questions based on a scale used by behavior experts:

- ▶ Do you have a quick or fiery temper?
- ▶ Do you get angry or furious when you:
 - Are not recognized for good work?
 - Do a good job and get a poor evaluation?
 - Are criticized in front of others?
 - Are slowed down by others' mistakes?
- ▶ Are you described as
 - A hothead?
 - Often flying off the handle?
- ▶ When you get angry or frustrated do you:
 - Say nasty things?
 - Feel like hitting someone?

If you answered "yes" to any of these questions, you should talk to a counselor about tips to help you manage your anger.

Getting help

If you or others feel your anger is out of control and affecting relationships, consider counseling. Once you find out what triggers your anger, a therapist can teach you how to change your thinking and behavior to handle your anger better. You can use these strategies to keep those triggers from pushing you over the edge.

African Americans and Heart Disease

Heart disease is especially deadly among African Americans. Luckily, there are many ways to protect your heart.



Heart disease is the number one killer of men and women of all races in the United States. The main culprit is coronary heart disease, which occurs when fatty deposits build up in the heart arteries. This limits blood flow to the heart muscle, which can cause chest pain (angina). Coronary heart disease can lead to a heart attack.

Heart disease is especially deadly among African Americans. Compared to whites, African Americans:

- ▶ Tend to get heart disease at a younger age
- ▶ Have a higher rate of first-time heart attack at all ages
- ▶ Are more likely to die of heart disease
- ▶ Are more prone to sudden cardiac death

What puts a person at risk for heart disease?

Anything that makes it more likely that you'll get a disease is called a risk factor. Some risk factors can be controlled. Others can't. For example, two risk factors for heart disease that you can't control are:

- ▶ Getting older
- ▶ Having a family history of heart disease

Most of the other risk factors can be controlled. These include:

- ▶ Smoking
- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Diabetes
- ▶ Obesity
- ▶ Not being physically active

Having any one of these risk factors increases the chance that you'll get heart disease. And these factors tend to go together, which raises the risk even more. For example, being overweight and not exercising makes you more likely to have high blood pressure. When you add those three factors together, you're at high risk for heart disease.

African Americans are at an increased risk for high blood pressure and diabetes. High blood pressure is especially dangerous because it doesn't cause symptoms, so you can have it and not know it. But all the while, it's damaging your heart arteries and setting the stage for heart disease.

What can I do to lower my risk for heart disease?

Your lifestyle choices have a direct impact on your health. Making some changes can help keep your heart healthy.

- ▶ **Don't use tobacco.** Smoking is the single most preventable cause of death and disease in the United States. Quitting is the best thing you can do for your health.
- ▶ **Lose some weight if you need to.** Losing as little as 10 or 20 pounds could make a big difference in your health.
- ▶ **Eat a healthier diet.** Choose whole grains, fruits and vegetables, and lean meats. Eat fewer processed foods, which often have a lot of fat and salt. Ask your doctor about the DASH diet.
- ▶ **Try to get 30 minutes of moderately intense aerobic physical activity a day.** Being active can lower your blood pressure, cut your risk for diabetes, and help you control your weight. Check with your doctor before you increase your activity level.

If you already have a disease that raises your risk of heart problems, lifestyle changes are still important, but they may not be enough. Work with your doctor to get the best care.

- ▶ **Take your medicine just as prescribed.** It won't work if you skip doses or don't take it.

- ▶ **Go to your follow-up visits.** Tell your doctor if you have any new symptoms, side effects from your medicine, or changes in your health.
- ▶ **Learn about your health.** Know what your blood pressure is and what it should be. Know your blood sugar and cholesterol numbers.

Questions of the Heart

Remember to ask these vital questions about matters of the heart at your next doctor appointment.

How many times have you left the doctor's office and wished you could run back in with a question? At your next checkup, be prepared. Write down these key questions about heart health or keep them on the tip of your tongue.

What is my risk for heart disease?

Your habits and your personal and family health history can provide important clues to your doctor. In addition, talk to your doctor about your age, weight, blood pressure, cholesterol, smoking habits, and physical activity. Ask what you can do to lower your risk.

Do I have high blood pressure, and how can I control it?

High blood pressure, which often has no symptoms, can damage your arteries, heart, and other organs.

What is my cholesterol level, and how can I keep it in normal range?

High levels of bad cholesterol (LDL, or low-density lipoprotein) can build up in the inner walls of arteries and can increase your risk of a heart attack or stroke. Diet, exercise and medications can all play a role in reducing your cholesterol.

How does my blood sugar level influence my risk?

High blood sugar levels may indicate diabetes, which may increase the risk of cardiovascular disease.





Heart Health

Inside This Issue:

- How to Tell if It's a Heart Attack
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How to tell if it's a heart attack

Heart attacks are a major cause of premature death. Know the signs.

You'll know when you're having a heart attack by that telltale elephant-sitting-on-your-chest feeling, right? Maybe, but not always.

Some heart attacks start slowly. You may have some mild chest pain or discomfort. You may not think you're having a heart attack and may wait too long to get help.

Heart attack symptoms:

- **Chest pain or discomfort**, usually in the center of your chest. It may last longer than a few minutes, or it may go away and come back. You may feel pressure, squeezing, pain or fullness.
- **Pain or discomfort in other areas.** You could have pain in one or both of your arms, neck, jaw, back or stomach.
- **Shortness of breath.** You may have this with or without chest pain or discomfort.
- **Other symptoms**, such as nausea, breaking out in a cold sweat or feeling lightheaded.

In women, like men, the most common symptom is chest pain or discomfort. But women and some people with diabetes are more likely than men to have other symptoms, including:

- Indigestion, nausea or vomiting
- Shortness of breath
- Neck, back or jaw pain
- Stomach pain or heartburn
- Lightheadedness or unusual tiredness
- Breaking out in a cold sweat

What you should do if you think you're having a heart attack:

- Call 9-1-1 right away. Tell the operator you may be having a heart attack. Don't hang up. It may help emergency workers find your address if you pass out.

How to tell if it's a heart attack (*continued*)

- If you are not allergic to aspirin, chew one (any dose) while waiting for help to arrive. (Never give aspirin to anyone under age 20.)
- Stay calm. Sit or lie down.
- If your doctor has prescribed nitroglycerin medicines, take as directed.
- Do *not* drive yourself to the hospital.
- Do *not* delay getting medical treatment, even if you're not sure it's a heart attack.

Coronary artery disease is the leading cause of death in the United States. Women tend to think of heart disease as a man's disease because men tend to develop it 10 years earlier than women. Yet, once a woman reaches menopause, she catches up and even exceeds a man's risk. That's because estrogen, which protects women against heart disease, drops in menopause.

Women's heart attacks more damaging

Women's heart attacks tend to be more damaging and more likely to happen again. Also, women generally don't do as well with bypass surgery as men do.

No one knows exactly why the scales seem to be tipped against women. One theory is that because women develop heart disease at a later age than men, they usually have other health problems.

How can you help prevent a heart attack?

- **Don't smoke.** If you smoke, quit. If someone in your household smokes, encourage them to quit too.
- **Eat heart-healthy foods.** Choose lean meats and low-fat or fat-free milk and other dairy foods. Eat whole grains, and plenty of fruits and vegetables. Cut down on saturated and trans fats. Saturated fat is found in most animal foods. You'll find trans fat in many packaged and processed foods, such as cookies, crackers and chips.
- **Lower high blood pressure and cholesterol.** If you have high cholesterol or high blood pressure, follow your doctor's advice, make lifestyle changes and take medicines as prescribed.
- **Be active.** Do some form of physical activity every day. Shoot for 30 minutes a day. Check with your doctor before you increase your activity level.
- **Manage diabetes.** If you have diabetes, be sure to monitor your blood sugar and take medicines as prescribed.
- **Aim for a healthy weight.** Being active and eating healthy can help you lose weight, if you need to.
- **Reduce stress and limit alcohol.** Stress causes some people to drink or smoke to relax. Drinking too much alcohol can raise your blood pressure and lead to other health problems.



Women, take charge of your heart

You may think of it as a man's disease, but more women than men die of heart disease. Learn more about your risks.

Heart disease. Isn't that a man's problem? Many women mistakenly think so. But did you know that heart disease and stroke are the number one killers of American women? In fact, more women than men die of heart disease. Although heart disease kills 32 percent of American women, most of them don't understand their risks.

Risk factors for heart disease

Some risks can't be controlled, such as:

- **Family history.** Heart disease can be hereditary.
- **Ethnicity.** Women of African American, Hispanic or Asian/Pacific Islander descent are more prone to heart disease than are white women.

Women, take charge of your heart (*continued*)

- **Diabetes.** Women with this condition are two to three times more likely to have heart attacks than are other women.

Risks that can be controlled include:

- **Smoking.** This is a major cause of heart disease and stroke among women. Women who smoke tend to have heart attacks 19 years earlier than women who don't smoke.
- **High blood pressure.** Women on oral contraceptives, especially if they are overweight, are at increased risk for high blood pressure.
- **High cholesterol and triglyceride levels.** Eating foods low in saturated fats and cholesterol can help lower your risks.
- **Lack of exercise.** Even moderate physical activity can lower your risks.
- **Being overweight.** Too much fat, especially in the waist area, is linked to heart disease, stroke and many other health problems.
- **Drinking alcohol excessively.** Alcohol should be limited to no more than one drink a day.

Most women worry about breast cancer and cervical cancer, but they may ignore the risks of cardiovascular disease and stroke. But in the United States, almost twice as many women die from heart disease or stroke than from all types of cancer.

Men develop heart disease earlier in life than women. But women catch up after menopause, when their estrogen levels drop. Experts believe that estrogen helps protect women from heart disease.

Many women don't recognize when they are having a heart attack. They may not have the classic symptoms, such as radiating chest pain. Sudden or unusual fatigue or unusual shortness of breath may be signs of heart disease in some women, but it's not always recognized.

Other possible symptoms of a heart attack include:

- Pressure, squeezing or pain in the center of the chest that lasts more than a few minutes or that goes away and returns
- Pain that spreads into the shoulders, neck, jaw, arms or back
- Anxiety, weakness or fatigue
- Chest or abdominal pain
- Sweaty skin and paleness
- Fainting, nausea, shortness of breath or lightheadedness

Take charge of your health

Women need not throw up their hands and assume they're powerless in preventing cardiovascular problems. In fact, cutting the risk of coronary heart disease and stroke can be as simple as taking a daily walk around the park. Always check with your doctor first, though, before you increase your activity level. Even a modest amount of physical activity can make a big difference. It also helps control cholesterol levels, diabetes and obesity.



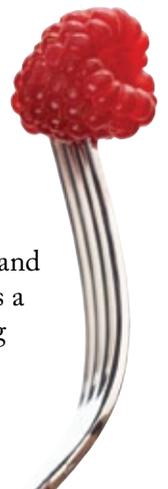
To learn more about this and other women's health topics, visit the Source4Women web portal at <http://www.uhc.com/source4women>

Food for the Heart

Heart-healthy eating involves more than slashing fat and cholesterol. Learn what foods can help keep you healthy.

You want to eat well to protect your heart. You start by limiting certain foods you know can cause trouble, such as butter, red meat, cheese and fried foods. But did you know that one of the keys to heart-healthy eating is to concentrate on what to add to your meal plan?

Reducing saturated and trans fats, cholesterol and sodium in your diet is a good start, but there is a lot more to heart-healthy eating. The following guidelines will help you tackle the rest of your meal plan.



Food for the Heart (*continued*)

Eat a variety of fruits, vegetables, beans (legumes) and whole-grain products. These foods are naturally free of cholesterol and saturated fat. Also, they are loaded with vitamins, minerals and antioxidants. And they are the only category of foods that will provide heart-healthy fiber.

- Aim for a *minimum* of five servings of fruits and vegetables a day. Variety is the key, and the more colorful, the better. Use red peppers, yellow squash, orange carrots and purple cabbage.
- Aim for six servings of grains a day. Focus on whole grains for extra fiber and nutrients. Try brown rice, barley, whole-grain breads, cereals, crackers and pastas.
- Include plenty of beans, such as kidney, pinto, navy and soy beans. They are loaded with fiber and are also good sources of protein and other nutrients.
- Experts suggest 25 grams to 35 grams of fiber a day. Look to include plenty of soluble fiber, found in fruits, oats and beans. This type of fiber has been shown to be especially helpful for lowering cholesterol.

Include healthy fats in your meal plan. Typically, the first thing to go on a low-cholesterol diet is the fat. Cutting out all fat is not required, though, and can even work against you. Some types of fat can be harmful, but others have proven to be beneficial.

- **Saturated fats** should be limited. They can raise the level of cholesterol in your blood. These fats are found in red meat, bacon, hot dogs, poultry skin, butter, high-fat dairy and products made with butter or cream.
- **Polyunsaturated fats** such as corn, safflower and sunflower oils can be eaten in moderation, but should be limited in favor of monounsaturated fats and omega-3 fats.

- **Monounsaturated fats** are thought to be heart-healthy. These include olive and canola oils, avocado and most nuts and seeds.
- **Omega-3 fats** are good for the heart and usually lacking in the American diet. Good sources are fatty fish (salmon, mackerel, sardines), flax oil and flax seeds, walnuts and some green leafy vegetables. The American Heart Association says to eat two servings of fatty fish per week.

Choose fat-free and low-fat dairy products, fish, poultry and lean meats. All animal foods contain cholesterol. However, lean and low-fat choices will contain very little saturated fat. Vegetables, grains and beans should make up the bulk of your meal plan, rounded out by low-fat, lean animal foods.

- Choose skim or 1% milk and yogurt over whole or 2%.
- White meat chicken, turkey and fish are all good choices. Keep portions to no more than 3 to 6 ounces per day.
- Lean meat can also be part of a heart-healthy diet. Limit portions to 3 to 4 ounces, twice a week.
- Soy foods, such as tofu, tempeh and edamame can be a great substitute for meats high in saturated fat or other unhealthy foods.

Remember that a healthy diet can include the foods you love. And watching what you eat may keep you around longer for the people you love.



Short workouts can be good for your heart

Don't avoid exercising because you're short on time. Even quick workouts can benefit your health.



How much exercise do you need to help prevent heart disease? Do you need an hour breaking a sweat at the gym? Or will a walk around the block suffice?

Most people know that exercise is important to health. The American Heart Association recommends that all adults do some form of physical activity for at least 30 minutes most days of the week. Thankfully, you can break up this activity into 15-minute sessions if that works better for you, fitness experts say.

It's true that exercise such as brisk walking or aerobics may yield great health benefits. But even moderate-intensity activities like walking for pleasure, doing yard work or dancing may help you lower your risk for heart disease.

How 15 minutes can help

You don't need to be an athlete to enjoy the health benefits of exercise. Short bursts of activity can help your heart, too. And most people should be able to carve out 15 minutes a couple times a day to be active.

Doctors aren't exactly sure why exercise helps, but it has been shown to raise the level of HDL cholesterol – the so-called good kind – in the blood. High HDL levels have been shown to help protect against heart disease.

Exercise is also thought to make the endothelial cells that line our arteries healthier. These cells are vital in preventing the clogging and hardening of the arteries.

Always check with your doctor before you start any kind of exercise program, though.

Making quick workouts count

Aerobic exercise is what hearts like best. It helps the heart become stronger and work more efficiently.

You can get an aerobic workout from numerous activities, such as:

- Biking
- Brisk walking, jogging or running
- Swimming
- Dancing
- Jumping rope
- Using exercise machines like the treadmill, stationary bike, rowing machine or stair climber

What's most important is simply that you get moving! It can be overwhelming to know where to start if you haven't exercised much before. So talk with your doctor to find a level of activity that is safe for you. In addition to doing what you typically think of as "exercise," you can also get aerobic workout benefits in your daily life. House cleaning or gardening can raise your heart rate. Seasonal recreational sports like ice skating, soccer and beach volleyball can also help get your heart pumping while you're doing something fun at the same time.