



MyHealth[™] Newsletter

HEART HEALTH

Your heart beats 100,000 times a day, bringing oxygen and nutrient-rich blood throughout the body. Your heart is your ultimate life support system, but if conditions affect its function, it can lead to serious disorders.

What is Heart Disease?

Heart disease is a range of diseases that affect the heart.

Over time, plaque can build up inside coronary arteries blocking blood flow to the heart. If the flow of blood to the heart is blocked, angina or a heart attack can occur.

Who is most at risk?

Risk factors include smoking, being overweight and having high cholesterol or high blood pressure. A family history of heart disease can also increase your risk – especially if a parent developed it before age 55.

Women over 40 are more prone to developing heart disease, especially after menopause.

The High – and Lowdown – on Blood Pressure

High blood pressure, or hypertension, can be caused by a narrowing of the arteries, which can force your heart to pump harder, leading to heart failure.

High blood pressure has no symptoms, so it is important to have your blood pressure checked regularly and as recommended by your healthcare provider.

If you have high blood pressure, your doctor may prescribe medication. Speak to your Remedy'sRx pharmacist about possible interactions with any prescription medications that you are taking.

What to do?

There is no one-size-fits-all treatment for heart disease. Depending on whether your disease is mild or severe, you may need lifestyle changes, medications, surgery or other medical procedures.

Protecting your heart

Your heart health depends on how well you take care of your overall health. Talk to your doctor to find out if you're at risk of developing heart disease.

You can lower your risk by eating well, managing stress and exercising regularly.

Your local pharmacist can help with management and prevention of heart disease including:

- Guidance on medication interactions and dosing instructions
- Blood pressure screenings and interpreting blood pressure readings
- Advice to quit or reduce smoking

Speak to your Remedy'sRx pharmacist about heart healthy recommendations such as how to stop smoking, and reaching your ideal blood pressure and cholesterol levels.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.