



**FEBRUARY 2021**



## HEART DISEASE IS RESPONSIBLE FOR 1 IN 3 DEATHS.

Heart disease is the number one cause of death for most groups. Heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, managing your cholesterol and blood pressure, getting enough sleep and taking care of your mental health.



## AMERICAN HEART MONTH

### 5 HEART HEALTH NUMBERS YOU SHOULD KNOW



**Resting Heart Rate.** A normal resting heart rate is between **60 and 100 beats per minute** with the **ideal being between 50 to 70 beats per minute**. Heart rates greater than 100 or less than 50 require discussion with your doctor.



**LDL or "Bad Cholesterol".** LDL cholesterol levels should be **less than 100 mg/dL**. **100 to 129** are acceptable for people with no health issues but **are of more concern for those with heart disease or heart disease risk factors**. A reading of **130 to 159** is **borderline high** and **160 to 189** is **high**.



**Body Mass Index (BMI).** A normal BMI is **18-25**, while **25-30** is considered **overweight** and **greater than 30** is considered **obese**. Determine your body mass index [here](#).



**Systolic Blood Pressure.** Systolic pressure is the top number of the blood pressure reading. **Normal systolic blood pressure is less than 130**.



**Waist Circumference.** A normal waist circumference is **less than 35 inches for women** and **less than 40 inches for men**. Too much fat has been demonstrated to correlate to increased risk of heart attack and stroke.

*People with diabetes are 2 to 4 times more likely than others to have heart disease and stroke.*

## SUCCESS STORY

**MIGUEL SANCHEZ, AGE 52**

At first, I began to participate in Balance for Life just to meet the requirements for the program, but then **I did it more for my own health to improve my quality of life.** Following Nurse Health Advocate Maribel's advice, I had to stop eating fatty foods, reduce salt in meals, drink enough water and carefully read food labels. **I began to be more active with exercises, and to monitor my sugar level daily.**

**How did HMC HealthWorks help you?** The nurse suggested that I take a card or identification form stating that I am diabetic in case of an emergency outside my home and I could not give information verbally.

**Do you have any advice for someone who has some health conditions or challenges?** I recommend they eat more vegetables, fish, cut off fatty foods, drink enough water, and exercise more. **I also recommend they participate and take advantage of this program as it is free, and the nurses provide very useful information!**



## HEART ATTACK FACTS



### HEART ATTACKS CAN BE SILENT

One in five heart attacks occurs without the person even knowing they had one.



### HEART ATTACKS AFFECT WOMEN DIFFERENTLY

Women's symptoms can include pain in the back, arm, neck, or shoulder, nausea, fatigue, shortness of breath and vomiting.



### YOUNG WOMEN ARE AT HIGHER RISK THAN MEN

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.



### ANOTHER REASON TO HATE MONDAYS

Heart attacks are more likely to occur on Monday mornings than other days of the week.



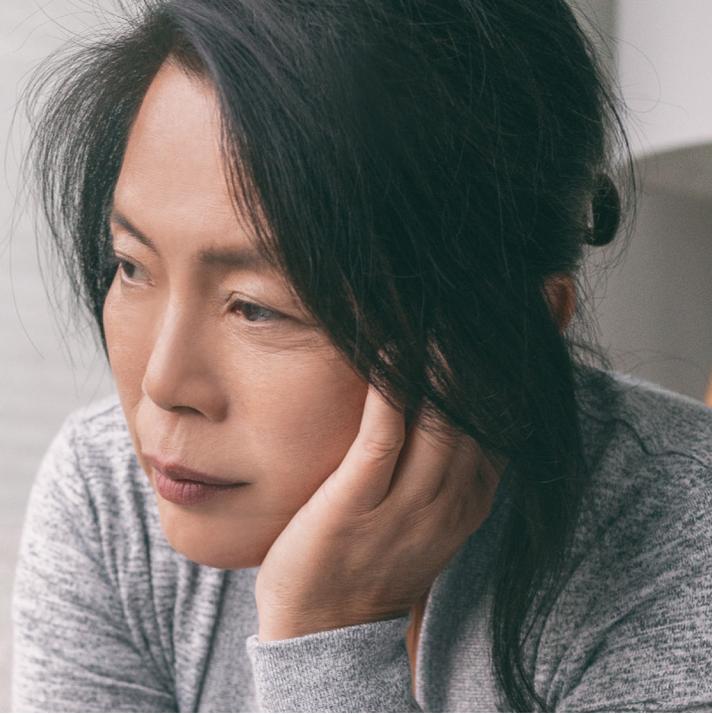
### DIET SODA RAISES HEART ATTACK RISK

Women over 50 who drink artificially sweetened drinks are 30% more likely to have a clot-based stroke and heart disease.



### YOUR HEART TRANSPORTS BLOOD AROUND YOUR BODY

Your heart pumps 2,000 gallons of blood a day.



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## SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. Symptoms may start out mild and become more severe as the season progresses. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, draining your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Treatment for SAD may include light therapy (phototherapy), medications and psychotherapy. Take steps to keep your mood and motivation steady throughout the year.



### SIGNS AND SYMPTOMS OF SAD MAY INCLUDE:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of death or suicide

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, contact your Employee Member Assistance Program (EMAP). If you don't have an EMAP, contact a doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol/drugs for comfort or relaxation, or you feel hopeless.



**Call** 888.369.5054

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