



# Healthy Heart secrets

**Heart** is an organ that works throughout the day, and is considered as one of the most important muscles in the body because it is responsible for pumping oxygen throughout the body. When you neglect to take care of your heart through your daily practices, you negatively affecting it and increase your risk of death. Heart disease is one of the main causes of death among male and female globally

### Factors affecting your Heart health negatively:



**Having chronic diseases**

(such as diabetes, high blood pressure, kidney disease and high cholesterol levels)



**Following high calories diet**



**Sedentary lifestyle and lack of physical activity**



**Smoking**



**Stress**



**Lack of sleep**



**Family history of the disease**



**Obesity and overweight**

## Reducing the risk of heart disease can only be done through the following smart choices:



Exercising regularly



Regular check-ups

to monitor risk factors related to heart disease



Quitting smoking



Enough sleeping



Managing and controlling stress



Following healthy balanced diet

# Heart friendly healthy foods:



Garlic



leafy vegetables



Olive oil



Whole grain products



Edamame



Berries



Green tea



Avocado



Orange



Fatty fish



Tomatoes



Nuts



Seeds



Dark chocolate



Beans

# Heart Friendly habits:

- Jogging for 30 minutes every day
- Sleeping for at least 6 hours per night
- Using stairs instead of elevators
- Avoiding passive smoking
- Mindfulness exercise for 10 minutes daily
- Performing regular annual check-ups
- Using healthy cooking methods such as grill, air fryer or boiling
- Taking good care of your gum and teeth health
- Avoiding sitting for long hours



# Heart health status self-check:

## Excellent – Keep Up the Good Work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling, feet and legs look normal for you



Weight check stable  
Weight: \_\_\_\_\_



No sign of chest pain

**GREAT!  
CONTINUE:**



Daily Weight Check



Meds as Directed



Low Sodium Eating



Follow-up Visits

## Pay Attention – Use Caution!



Dry, hacking cough



Worsening shortness of breath with activity



Increased swelling of legs, feet, and ankles



Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 0 lbs in a week)



Discomfort or swelling in the abdomen



Trouble Sleeping

**CHECK IN!**

Your symptoms may indicate:



A need to contact your doctor or provider



A need for a change in medications

## Medical Alert – Warning!



Frequent dry, hacking cough



Shortness of breath at rest



Increased discomfort or swelling in the lower body



Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



New or worsening dizziness, confusion, sadness or depression



Loss of appetite



Increased trouble sleeping; cannot lie flat

**WARNING!** You need to be evaluated right away.



Call your physician or call **999**

# Applications and devices for monitoring your heart activity:



**Pedometer:** step counting helps monitoring your daily activity level



**Activity monitoring watch:** more advance device that can monitor your daily activity and heart rate, sleeping pattern, and much more according to it features



**Smart phone applications:** there is a plenty of applications that helps in monitoring your daily activity



**Weight scale:** helps monitoring your body weight for about once a week and notice any weight gain.



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2021



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