

Lifestyle changes after heart attack



Background: The main function of the heart is to supply oxygen rich blood to all the parts of the body. Heart Attack (also called Myocardial Infarction (MI) in medical parlance) occurs when the blood flow reduces or stops reaching a part of the heart thereby leading to partial or complete damage of the heart muscles. Fat deposit around the heart artery leads to narrowing of the artery and causes stoppage or reduced blood flow to the artery. After heart attack, the person is required to maintain the healthy life style to reduce the further complication in the body. Below are some of the lifestyle changes that are recommended to be adapted for Heart Attack survivors.

Be More Active: The American Heart Association recommends at least 150 minutes per week of moderate exercise, at least 75 minutes per week of vigorous exercise, or a combination of both. Make sure you start with warm up and increase the physical activity slowly in your daily routine to avoid the load on heart. Regular physical exercise will strengthen the heart and improve the overall health condition.

Cessation of unhealthy habits: Unhealthy habits like smoking and consumption of alcohol increases the risk for heart attack. Smoking can damage your heart function and prevent oxygen-rich blood from getting to your organs and other body parts. Nicotine and alcohol are associated risk factors of heart attack, elimination of these addictions/habits reduces the risk of another episode of heart attack.

Mindful eating: Food that you eat and the amount of food can affect other risk factors such as cholesterol, blood pressure, diabetes and obesity. Try to avoid or limit foods that have very few nutrients and a lot of calories. Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages. Include more nutrient rich food in your diet like leafy, green veggies, whole grains, such as whole wheat, brown rice, oats, rye and quinoa, berries, nuts and seeds, such as almonds, walnuts, flaxseeds, and chia seeds.

Keep an eye on underlying diseases: Diabetes, high blood pressure and high cholesterol level are major contributing factors for heart attack. If there is presence of any of these underlying diseases; it should be monitored, regular check-ups along with appropriate treatment and compliance to medication is highly recommended.

Maintain a good mental health: After a heart attack, one is likely to experience emotions such as, anxiety, depression, fear, denial etc. These emotions can last anywhere from 2 to 6 months and can affect day to day life. Some studies suggest that heart attacks and emotions are interlinked. Include meditation, yoga in your day to day life. In case of excess emotional disturbance, seek a medical help.

Takeaway:

There's no time like now to get started on your heart-health journey. Have a conversation with your doctor, who can help you with:

- Making good food choices
- Finding activities you enjoy that will keep you moving
- Understanding how small changes can make big improvements

Source:

Healthline
WebMD



28 July, World Hepatitis...

World Hepatitis Day is...



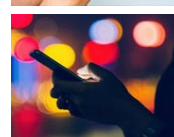
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