**Heart Rate：**

**1. Regular Exercise:** Engaging in regular exercise is crucial for maintaining a healthy heart rate. Physical activity, like aerobic exercises, strength training, and yoga, helps strengthen the heart muscle, enabling it to pump blood more efficiently. Regular workouts also improve circulation, reduce bad cholesterol levels, and increase good cholesterol, promoting overall cardiovascular health. By committing to a consistent exercise routine, individuals can better regulate their heart rates, lowering the risk of heart disease and improving life quality.

**2. Balanced Diet:** A balanced diet plays a pivotal role in managing heart rate and preventing cardiovascular issues. Consuming nutrient-rich foods, such as fruits, vegetables, whole grains, and lean proteins, supplies the body with essential vitamins and minerals for heart function. Limiting the intake of saturated fats, sugars, and sodium helps in controlling blood pressure and cholesterol, contributing to a stable heart rate. Additionally, incorporating heart-healthy foods like omega-3 fatty acids found in fish enhances overall heart rhythm.

**3. Drug Therapy:** Drug therapy is often employed for individuals needing medical intervention to improve their heart rate. Various medications, including beta-blockers, calcium channel blockers, and antiarrhythmic drugs, are used to treat conditions like tachycardia (high heart rate) or bradycardia (low heart rate). These medications work by regulating electrical impulses in the heart, stabilizing the heart rate, and preventing complications. However, drug therapy must be prescribed and supervised by a healthcare professional to ensure safety and efficacy.

**Literature Review:**

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**Interview:**

Ximing, Li(Professor)

**1. Can you describe the key lifestyle measures you take daily to maintain heart health?**

Answer: I consider my heart to be quite healthy, so I generally don't adopt methods of drug intervention, as I believe they would cause side effects. Therefore, I watch some health programs and maintain heart health through ***a balanced diet*** according to the recipes recommended on them.

**2. How important do you think personal habit changes are when it comes to preventing heart disease? Could you provide some specific examples?**

Answer: First, you can't stay up late; you need to maintain regular hours. I once prepared for a class until six in the morning and could distinctly feel that my heart was uncomfortable. Then, ***avoid eating food that's heavy in oil and spices***, maintain a light diet, and drink plenty of hot water. I know Australians like to drink ice water, but that's not healthy.

**3. From your professional experience, what health strategies are particularly important for individuals with a family history of heart disease?**

Answer: Engage in ***moderate exercise, maintain a balanced diet,*** avoid emotional fluctuations, and undergo drug therapy when necessary.

**4. What comprehensive intervention measures do you suggest for individuals who already have risk factors for hypertension or other heart-related issues?**

Answer: Maintain ***a healthy diet, eat more fruits and vegetables***, manage protein intake wisely, and avoid staying up late. For those with severe conditions, arrange for medication or surgical treatment as soon as possible.

**5. What are your views on the effectiveness of combining lifestyle changes with traditional medical treatments in the prevention and management of heart disease?**

Answer: ***Maintain a healthy diet, eat more fruits and vegetables, manage protein intake wisely***, and avoid staying up late. For those with severe conditions, arrange for medication or surgical treatment as soon as possible.

**6. Could you share some success stories where individuals have effectively improved their heart health through specific preventive measures?**

Answer: My mother used to smoke, but she changed this habit under my persuasion. She used to be in poor health, suffering from high blood pressure and coronary heart disease, but now she's much healthier. I encourage her not to indulge in playing cards, ***but to exercise regularly instead.***

Yuehong Zhan(My aunt)

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**1. Can you describe the key lifestyle measures you take daily to maintain heart health?**

Answer: The main approach is to maintain health through a balanced diet. As I get older, I find myself less inclined to ***engage in physical activities or regular exercise***, so I choose to improve and protect my heart health by adjusting my diet. This means I pay attention to the choices and amounts of food I consume, ensuring an adequate intake of whole grains, vegetables, fruits, and nuts, while reducing the intake of salt, sugar, and unhealthy fats.

**2. How important do you think personal habit changes are when it comes to preventing heart disease? Could you provide some specific examples?**

Answer: Before the onset of disease and during its latent phase, cultivating good lifestyle habits is more important than medical intervention. This is because both medications and surgeries carry side effects. If one can engage in regular exercise, moderate their diet, and have ***regular physical exams*** in advance, they can maintain a healthy heart and cardiovascular status. Indulging in an unrestrained lifestyle and relying on medication can cause great harm to the body. I have never had heart surgery or ***taken heart-related medications like Baoxin Dan***, relying instead on a disciplined lifestyle, and I can still maintain a generally healthy state now.

**3. From your professional experience, what health strategies are particularly important for individuals with a family history of heart disease?**

Answer: ***Have a balanced diet***, exercise regularly, and get regular health check-ups. Also, don't keep your worries pent up inside. Communicate with your family when something is on your mind, as frustration, anger, and sorrow can also put one in a state of suboptimal health.

**4. What comprehensive intervention measures do you suggest for individuals who already have risk factors for hypertension or other heart-related issues?**

Answer: Based on maintaining a healthy lifestyle, proceed with medication treatment, and undergo surgery when necessary.

**5. What are your views on the effectiveness of combining lifestyle changes with traditional medical treatments in the prevention and management of heart disease?**

Answer: Absolutely, I believe that combining lifestyle changes ***with traditional medical treatments*** is a very powerful dual approach to the prevention and management of heart disease. It's like building a sturdy house — you need good bricks (medical treatment here) as well as a solid foundation (healthy living habits).

**6. Could you share some success stories where individuals have effectively improved their heart health through specific preventive measures?**

Answer: I have an uncle who had serious coronary heart disease, but he successfully managed his condition by changing his lifestyle and dietary habits. He started taking walks and doing light exercises daily, ***avoiding foods high in fat and salt***, and instead consuming more vegetables, fruits, and whole grains. Not only that, but he also learned to properly relieve the stress in his life. Through these changes, his cholesterol and blood pressure levels significantly improved, and his overall health was enhanced.