

WEEKLY WELLNESS

Natural Medical Solutions Wellness Center



THE IMPORTANCE OF A HEALTHY HEART

MORE IN THIS NEWSLETTER:

The importance of a Healthy Heart-1

Types of Heart Disease-2

Ways to Keep your Heart Healthy-3

The heart is one of the most valuable, and hardest working human organs. The heart is responsible for circulating blood through the body while delivering oxygen and important nutrients to cells and removing waste. Without this organ, the body cannot sustain life, as oxygen and nutrients could not be delivered to the cells. The body would also not be able to fight infections, nor maintain the proper temperature.

TYPES OF HEART DISEASE

Many times when the body's health is disregarded, ailments occur. These ailments are the body sending out warning signs. Over time, these signs may become diseases.

There are many types of heart disease, which have their own unique symptoms and treatments. Many times, simple lifestyle change makes the difference in heart health. For some, heart disease isn't caused by lifestyle choice, and requires surgical correction.

Coronary Heart Disease is the most common heart disease. With coronary heart disease, there are blockages that take place in the coronary arteries. This leads to the decrease of blood flow to the heart. The risk factors of coronary heart disease are:

- Family History
- High Blood Pressure
- Obesity
- Diabetes
- Smoking
- High Blood cholesterol levels

Pericardial Disease is another common disease of the heart. Also known as **pericarditis**, it is an inflammation of any of the layers of the pericardium, which is a protective sac that surrounds the heart. Some risk factors for Pericarditis are:

- Trauma
- Autoimmune Disease
- Select bacterial, fungal, and viral infections
- Kidney failure
- Recovery from a previous heart attack

Cardiomyopathy is a disease of the heart's muscle tissue. This disease makes it harder for the heart to pump blood to the body. Cardiomyopathy can eventually lead to congestive heart failure. Some risk factors for this heart disease are:

- Long term hypertension
- Heart valve problems
- Tissue damage from a heart attack
- Pericardial Disease
- Chronic rapid heart rate

Valvular Heart Disease is when there is damage on the valve of the heart, or it has been diseased. There are four valves of the heart which allow blood to properly flow through by simply opening and closing. Disease on the valves causes them to not properly close which results in the blood falling back into the previous chamber. Risk factors for Valvular Heart Disease include:

- Rheumatic Disease
- Congenital Heart Valve Disease
- Endocarditis
- High Blood Pressure
- Previous Heart Attack
- Aging
- Exposure to high dose Radiation



WAYS TO KEEP YOUR HEART HEALTHY

Maintaining a healthy heart is a very simple thing to do for many people.

Limit salt intake: A diet that is rich in sodium, or salt is almost guaranteed to cause a person to have high blood pressure. High blood pressure is a major precursor to many heart diseases.

Consume less sugar: A diet that is rich in sugar will cause a person to gain weight and cause diabetes as well.

Quit Smoking: Smoking is a major precursor to cardiovascular diseases. Smoking damages the arteries and reduces the oxygen population in the blood.

Limit alcohol intake: Alcohol consumption in excess causes abnormal heart rhythms, resulting in damage of heart muscle.

Exercise: Exercise helps to move more blood through the heart to the rest of the body, and also helps in keeping body weight down which reduces the chances of heart diseases.



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