

KEYS *to a* HEALTHY HEART

Heart disease remains the number one killer of Americans. You can reduce your risk of heart disease through simple lifestyle behaviors.



Stop what you are doing immediately and rest. If your doctor has prescribed nitroglycerin, place **1 tablet or spray** under the tongue. **Wait 5 minutes.** If the pain is not relieved, take one more tablet or spray (maximum over 15 minutes). If the pain is not relieved with rest or nitroglycerin, **call 911 immediately. Tell them you are having chest pain and that you think you are having a heart attack.** Do not waste time trying to reach your doctor's office. While you are waiting for the ambulance, chew **one 325 mg aspirin tablet**, unless you are allergic or have been told by your doctor not to take aspirin.

If you think you may be experiencing a heart attack

CALL 911

IMPROVE YOUR DIET:

- » Increase consumption of **fresh fruits and vegetables, whole grains and legumes** (beans)
- » Use only **lean cuts of meat** and prepare them without oil
- » Avoid **saturated fats** and cholesterol
- » Increase your intake of **omega-3 fats** (ex: fish oil, flax seed)
- » Avoid **overeating**
- » Engage in **regular aerobic activity** such as walking, cycling, jogging, cross-country skiing, rollerblading and swimming. Start slowly, and work your way up to 30–60 minutes a day, every day.

MANAGE STRESS:

- » Find ways to **limit the amount of stress in your life**
- » Get **7–9 hours of sleep** every night
- » Reduce or avoid the **use of caffeine**
- » Participate in **stress-relieving activities** such as prayer, laughter, outdoor exercise, talking with a friend, playing with a pet, or getting a hug.

STOP SMOKING:

Tobacco use can cause or worsen heart disease and may shorten your life. Second-hand smoke can cause similar problems. If you'd like help to quit smoking, call our **Community Health Education department at 509-522-2424** for dates and times of our Stop Smoking class. Another resource available to you is the Washington State Tobacco Quit Line at 1-877-270-STOP.

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- » Your weight increases **2–3 pounds in one day**, or **5 pounds in one week**
- » You have **increased coughing** when lying down or after activity
- » You have **chest pain**
- » You have **increased swelling** of hands, feet or legs
- » You need **more pillows to sleep**, or must sleep sitting up in a chair

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NORTHWEST REGIONAL HEART & VASCULAR:

- » 24-Hour **Accredited Chest Pain Center** in the Emergency Center, for diagnosis and treatment of chest pain
- » Rooms for patients who require **short-term monitoring** to potentially rule out a heart attack
- » State-of-the-art **Intensive Care Unit**, equipped with cardiac monitoring systems
- » Cardiac **diagnostic services**
- » **Partnerships with world-class heart centers and LifeFlight** to facilitate rapid transfer when advanced treatments are required
- » A **Cardiac Rehabilitation** program to strengthen your heart after a cardiac event, aimed to educate on exercise and speed recovery from a heart attack or heart surgery. For more information about Cardiac Rehabilitation, call **509-527-8070**.

WHAT ARE THE WARNING SIGNS OF A HEART ATTACK?

Warning signs may include one or more of the following:

- » Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest lasting more than a few minutes
- » Pain spreading to the shoulders, neck, arms or abdomen
- » Nausea or dizziness
- » Shortness of breath or difficulty breathing
- » Unexplained anxiety, weakness or fatigue
- » Palpitations, cold sweats, or paleness

IF YOU HAVE HEART FAILURE:

Make improvements to your diet:

- » Eat **less sodium** (salt). Eating too much salt causes your body to retain fluid, and makes your heart work harder. Consume no more than 2,000–2,400 mg of sodium per day (1 tsp. of salt = 2,000 mg).
- » Eat more **fresh fruits and vegetables**.
- » Avoid **alcohol**. It can depress heart function and is not recommended for people with heart failure.
- » Every morning after using the restroom, **weigh yourself on a scale**. Use the same scale and keep a daily record to show your doctor.
- » Go for a **walk every day**, with your doctor's approval. Take rest breaks if you feel overly tired or short of breath.
- » Keep all **scheduled appointments with your doctor**. Bring your medications and weight record with you when you see your doctor.

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