



Why is addressing heart disease important?

Nelson has always been healthy and active. A few months ago, he started to have chest pain and racing heartbeats when he climbed stairs. He also noticed that he was having shortness of breath when doing his usual activities, and that his feet were swollen at night. Nelson's wife encouraged him to see his provider who referred him to cardiology. His provider was glad that he came to see him before his condition worsened. His cardiologist said that seeing his provider when he did helped him avoid having a heart attack. Caring for your heart health will keep you healthy and help prevent problems with your heart in the future.

What can you look for?

- Chest pain and palpitations
- Shortness of breath with physical activity
- Swelling of stomach, legs and/or feet
- Hard time laying in a flat position due to difficulty breathing

Heart disease is known as coronary artery disease. It is a condition in which the heart itself is not getting enough blood.

Questions to ask yourself:

- Do you have chest pain or shortness of breath?
- Do you have a family history of heart disease?
- Do you have risk factors for heart disease?





Aging Well – Heart Health



What can you do?

- Be physically active
- Maintain a healthy diet
- Practice healthy sleep habits
- Avoid alcohol, tobacco, or other drugs
- Learn your specific risk factors for heart disease
- Know what medications help your heart

Where can you find support?

- [Exercise Physiologist](#) can create a personalized exercise program to improve quality of life.
- [Four Directions](#) can assist in treating alcohol dependence.
- Your [Primary Care Team](#) can assess risk of heart disease and provide treatment for heart disease.
- [Registered Dietitian](#) can educate you on ways to modify your dietary habits to become more heart healthy.
- [Tobacco Cessation](#) can provide support to quit tobacco use.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

Exercise Program

Health Education

- Tobacco Cessation

- Lose to Win

Primary Care

- Registered Dietitian

Community Resources

American Heart

Association- Alaska:

<https://www.heart.org/en/affiliates/alaska/anchorage>

