

# AGING WELL

# Heart Health

## 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. The 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 are some considerations for heart health?

- 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?



For more information, visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)  
or scan the QR code.

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## 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?

Contact your care team at Nilavena Regional Health Center.....(907) 571-1818

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### ☒ Your Primary Care Team

Your primary care team can assess risk of heart disease and provide treatment for heart disease.

### ☒ Registered Dietitians

Registered dietitians can educate you on ways to modify your dietary habits to become more heart healthy.

### ☒ Exercise Physiologists

Exercise physiologists can provide support for being physically active and help create individual exercise programs to help achieve your wellness goals.

### ☐ Tobacco Cessation

Tobacco cessation can provide support to quit tobacco use.

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### ☒ Four Directions ..... (907) -6300

Four directions can assist in treating alcohol dependence.

#### Key

NB Non-beneficiary

☒ Support available to non-beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit