



5 Tips for Heart Health Month

February 2018

Tip #1: Grasp the Reality



Cardiovascular Disease (CVD), which includes heart disease, stroke and high blood pressure, is the most common source of death in the U.S.

- Roughly 610,000 people die of heart disease every year in the U.S.
- One woman dies every minute. African American women are more likely to die from heart disease than all other Americans.

Source: [Centers for Disease Control and Prevention](#)

Tip #2: Know Your Risk



Certain conditions and behaviors raise your risk for heart disease:

- High blood pressure, high cholesterol or diabetes
- Unhealthy diet, obesity and a lack of physical inactivity
- Age, sex, race and ethnicity
- Tobacco use
- Consumption of alcohol in excess



Tip #3: Seek Preventive Care



Preventive care can help detect heart conditions before they become serious.

TRICARE covers:

- CVD screenings, including periodic blood pressure and cholesterol checks.
- Preventive services from primary care managers or from any network provider without a referral or authorization.
- Behavioral interventions for obesity
- Type 2 diabetes screening



Tip #4: Manage Your Risk



Minimize your risk for heart disease:

- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Stop smoking
- Limit alcohol



Tip #5: Learn the Signs



Recognize the signs of a heart attack:

- Chest pain or discomfort
- Discomfort in other areas of the upper body, including the jaw, neck and arm
- Shortness of breath
- Other symptoms that may include nausea, light-headedness or breaking out in a cold sweat

If you think that you or someone you know is having a heart attack, call **911** immediately.



For more tips on healthy living, visit
www.tricare.mil/healthwellness.

LOVE YOUR HEART, TREAT IT WELL