

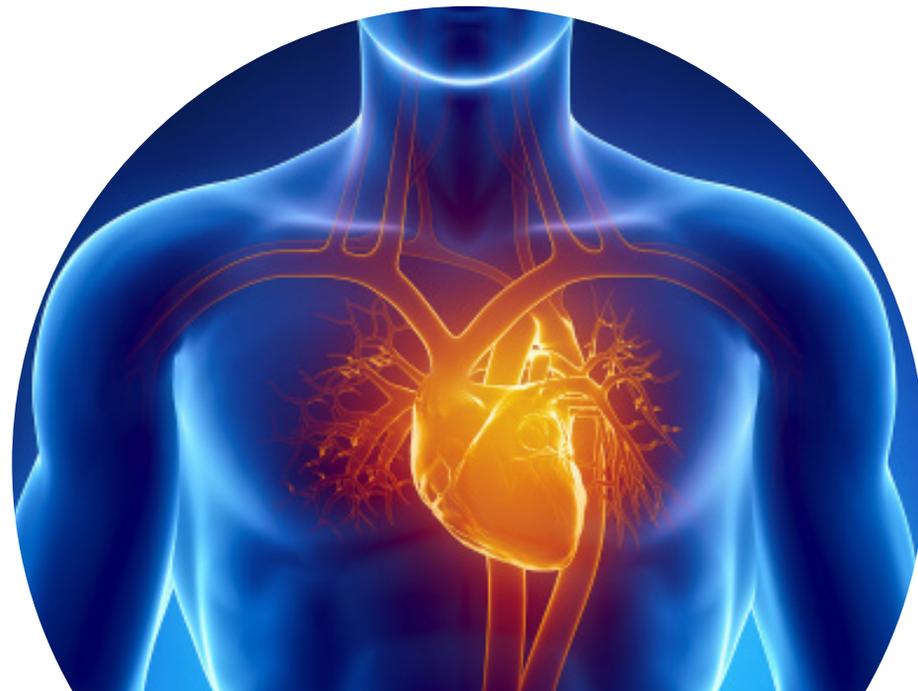
28 HEART HEALTH CHALLENGES





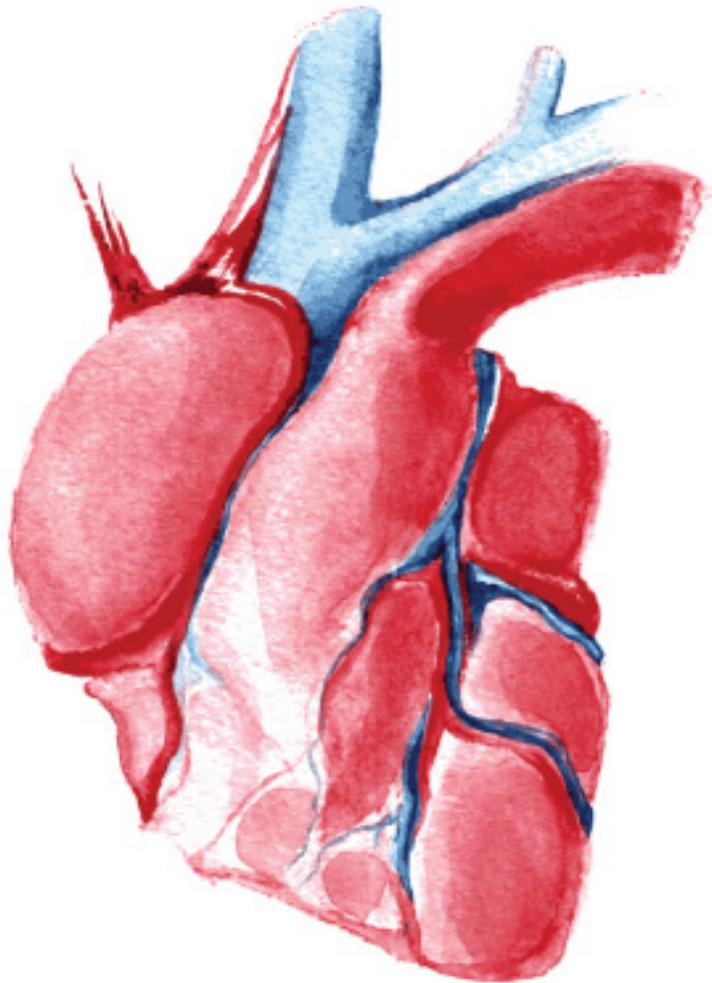
KNOW YOUR RISKS?

Knowing what causes heart disease and how you can prevent it can help you live a longer, healthier life. [Take this quiz](#) to find out more about reducing your risk for heart disease.





YOU'RE NEVER TOO OLD TO MAKE CHANGES



Your heart is one of the hardest working muscles in your body. It's constantly pumping blood. Research shows making healthy lifestyle changes - even later in life - may stop and actually reverse heart damage.

[Focus on these changes.](#)



CPR DOES SAVE LIVES

Sudden cardiac arrest is one of the leading causes of adult death in the US. [Hear how UMass Memorial patient Michael Rossi was saved by an “angel” who did CPR when he collapsed.](#)

Look into learning CPR.





MAKE SNACKING WORK FOR YOU

A common myth about snacking is that it's not good for you, but healthy snacking is possible. It's what you eat and how much you eat that matters. Follow these [guidelines](#).





HEALTHY WEIGHT = HEALTHY HEART

Your risk for obesity-related diseases increases with a waist measurement of more than 40 inches in men and more than 35 inches in women.

[Find out your BMI today with this calculator.](#)





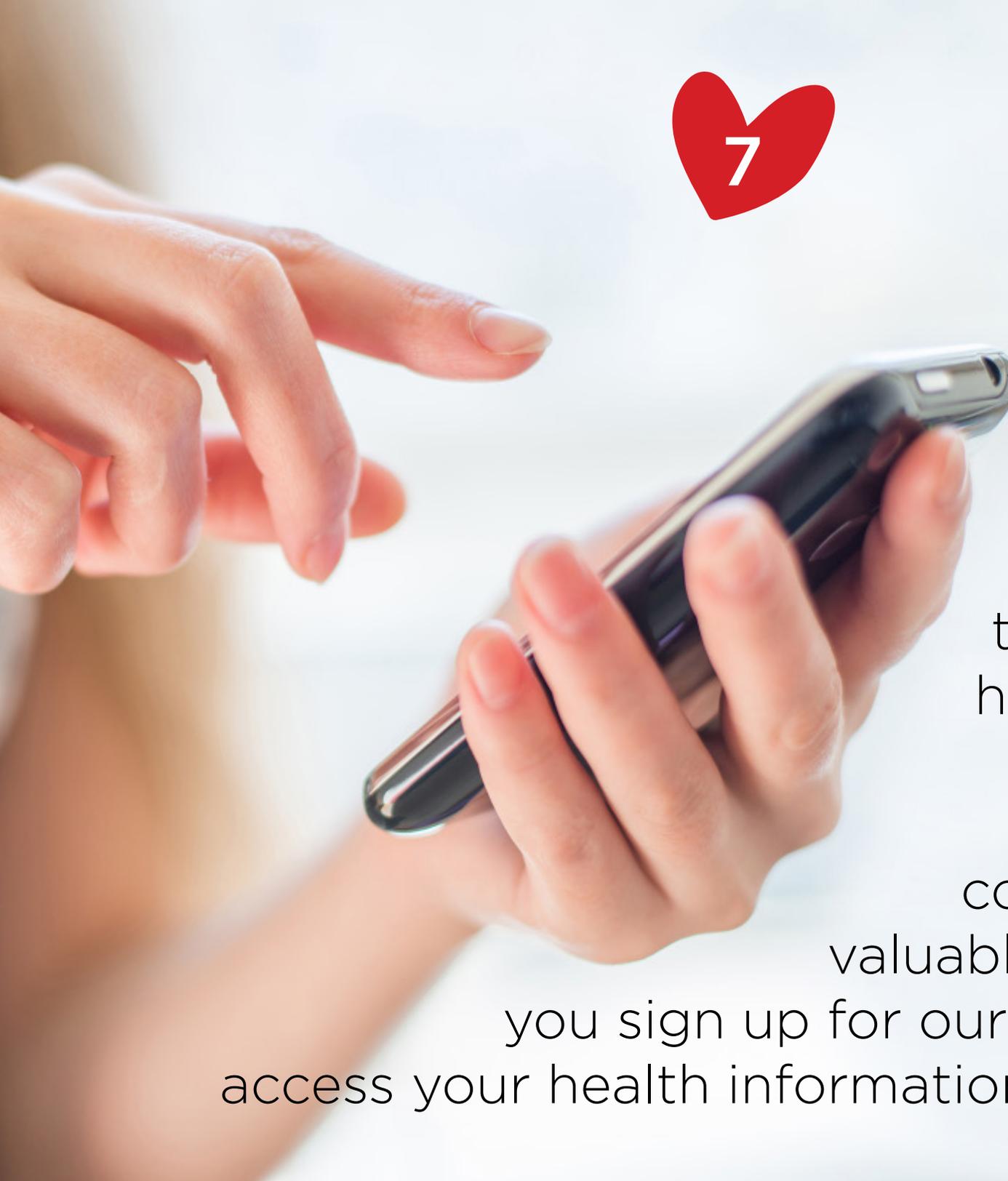
MAKE AN APPOINTMENT

Don't wait to tackle heart or vascular disease.
Call 855-UMASSMD or
[request an appointment online](#) and see
a UMass Memorial cardiologist within 48 hours.

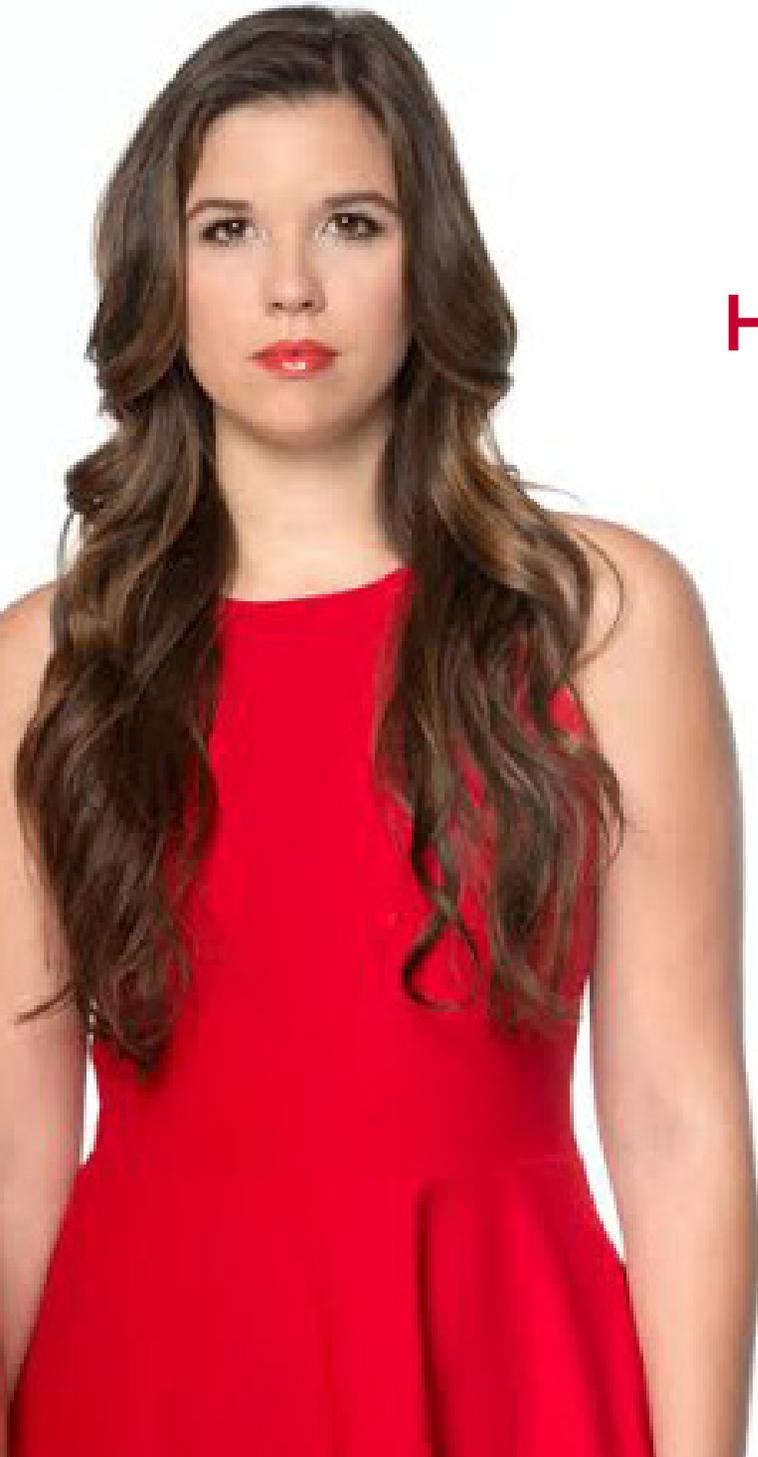




GO MOBILE

A close-up photograph of a person's hands holding a black smartphone. Another hand is pointing at the screen. The background is a soft, out-of-focus light blue and white.

From tracking your heart rate to pulling up your health information on the go, a smartphone or computer can be a valuable tool. Make sure you sign up for our [Patient Portal](#) to access your health information from anywhere.



HEART HEALTH AT EVERY AGE

Heart disease doesn't just happen to adults. [Hear from Amanda Gonzalez](#), a spokeswoman for the Heart Association's Go Red For Women campaign and a UMass Memorial patient, about her battle with heart disease.



GET A CHECKUP

Doctors don't just treat conditions or diseases; they also offer screenings and preventive care. Knowing your risk can help you make lifestyle changes in areas that need improvement. Call your primary care provider today.

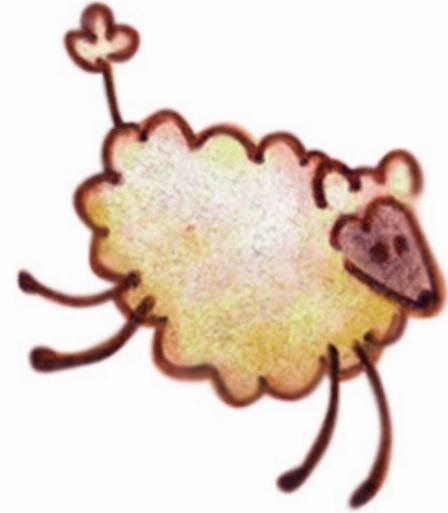
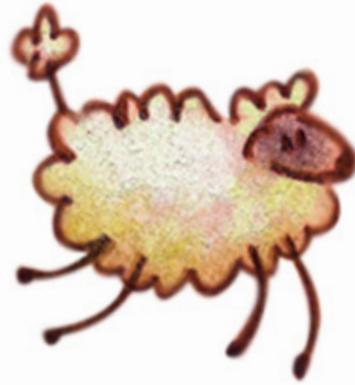
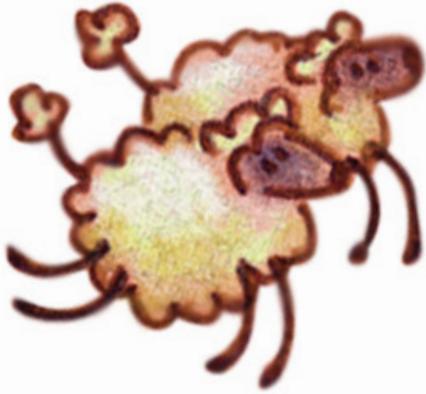


COMBAT STRESS

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Stress can harm your heart and sometimes the symptoms of stress mimic heart disease. If you think you might be experiencing stress, [learn what you can do to prevent it.](#)





GO TO SLEEP

If you average less than 8 hours of sleep a night, you could be putting your heart at risk. See how much you know about snoozing by [taking this quiz.](#)





GET YOUR HEART PUMPING

Physical inactivity, high blood pressure, and smoking are risk factors for heart disease.

So, be the exception rather than the rule.

Exercise for a healthier heart. [Here's how to start.](#)





ASK QUESTIONS

Our experts separate the fact from fiction when it comes to heart conditions and heart health.

Ask our expert cardiac surgeon,
Jennifer Walker, MD, your heart-related questions.
Answers posted within 48 hours.





BE HEART-SMART WHEN DINING OUT

On any menu, some choices will be better for you than others.

[Check out some of the heart smart menu choices listed here.](#)

Keep them in mind the next time you go out to eat.





MONITOR YOUR BLOOD PRESSURE

Do you know your blood pressure numbers? Knowing if you have high blood pressure can literally save your life.

Take our [Blood Pressure Quiz](#) and have your blood pressure checked.





WOMEN ARE SPECIAL

As a woman, do you know what your risk is for developing heart disease? You might be surprised.

[Watch a video](#) from Dr. Cynthia Ennis, Director of the Women's Heart Health Program about women and their risk.





STOP SMOKING

One out of every five smoking-related deaths is due to cardiovascular disease. If you are a smoker, quitting smoking improves your health, no matter how long you've smoked or how old you are.

[Get the facts about smoking.](#)





EVERYTHING IN MODERATION

[Read about the latest information on the effects of alcohol](#) on your heart in this article, then take this [Alcohol Use Assessment](#) to make sure your alcohol consumption isn't putting you at risk for heart disease.





SUBSCRIBE TO PRESSURE POINTS

Stay up on the latest heart healthy happenings, news and tips from the UMass Memorial Health Care Heart & Vascular Center.

[Sign up for our newsletter today.](#)



KNOW YOU CAN LIVE WITH HEART DISEASE

It's important to know how to take care of yourself after a diagnosis of heart disease. Here are [some tips for coping with a chronic condition](#) such as heart disease.



PIN YOUR WAY TO BETTER HEART HEALTH

[Check out our Heart Health board on Pinterest](#) for heart healthy tips, recipes, exercise ideas, infographics and more!

You can also sign up for our [Twitter feed](#).

GET THE FACTS ON FAT.

You need to consume some fat to maintain good nutrition, but many Americans eat more fat than they need.

Take this [quiz about fats](#) and see how much you really know about the fats that lurk in your food.

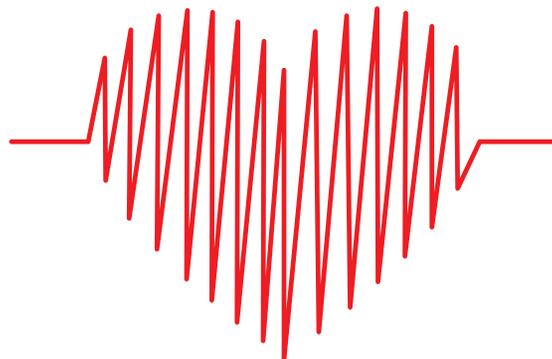




DETERMINE YOUR TARGET HEART RATE

Your target heart rate is the range at which sustained physical activity – running, cycling, swimming laps, or any other aerobic exercise – is considered safe and effective.

It is a percentage of what your maximum heart rate should be.



IT'S NEVER TOO LATE FOR EXERCISE

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Exercise is a lot more than an energy booster and a stress reliever. It also strengthens your heart muscle, lowers your blood pressure and cholesterol, and burns calories.

[Get started today!](#)





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ATTEND A SEMINAR

UMass Memorial holds several free community programs over the course of the year including many on heart health.

[Join our mailing list](#) and stay connected.

GET YOUR KIDS MOVING NOW.



You may think of heart disease as a problem for adults, not your young children.

But diet and exercise habits started in childhood can begin a lifetime of heart health . . . or a lifetime of heart damage.





PREVENT AND TREAT AFIB

Atrial Fibrillation (Afib) is the most common arrhythmia. It can lead to heart failure and stroke.

[Read why Afib patient Pastor Buchanan thinks it is so important to get Afib under control.](#)





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MAKE THOSE HEALTHY CHANGES LAST

Think you need more than 28 challenges to make a difference in your health? Follow this [Twelve Week Guide to a Heart-Healthy Lifestyle](#) and be on the road to better health and a longer life.