6 Ways To Improve Odds And Beat Heart Disease

You can dramatically reduce your chances of having heart attack or dying from heart disease if you do six simple things.

This study used data came from 88,940 women between ages 27 and 44 enrolled in the Nurses’ Health Study II from 1991 to 2011. The study looked at how many women smoked (or quit), what their body mass index was, what their physical activity level was, how much they watched TV and what their diet was like.

In 20 years of follow-up, there were 456 cases of coronary heart disease.

Researchers noticed that of the women who didn’t have coronary heart disease and stayed healthy, the greater majority had lifestyles habits in common.

So, here is what you need to do. And while women were studied in this case, these habits would be good for men’s hearts, too.

Don’t smoke, or stop smoking

Smoking doesn’t hurt just your lungs and age your skin prematurely, it also hurts your heart. In fact, nearly as many smokers die of heart disease as they do lung cancer. Smoking is the leading cause of preventable death in the United States.

The chemicals in cigarettes cause physical damage to your heart, and the mess with your blood cells. There’s a reason the World Health Organization calls smoking the “gradual killer.”

Smoking can cause plaque to build up in your heart. That plaque narrows your arteries, making it hard for the blood to circulate. Have too much plaque, and you have coronary heart disease.

If you don’t smoke, don’t start. If you do smoke, ask for help. Only about 4% of people are able to quit without counseling or medicine, according to the American Cancer Society.
Get your BMI in check

Body mass index looks at your height and weight to measure how much body fat you have. Researchers determined that optimal BMI was 18.5 to 24.9, which scientists typically characterize as “normal weight.”

A “normal weight” is probably a stretch for most Americans.

The average BMI IS 26.5 for women, according to CDC. The next category could help.

Exercise, even just 2.5 hours a week

These women did not have an hour-long exercise class every day. They exercised at least 2.5 hours a week. That’s less time than most people spend in the shower each week. It’s not a high bar, but the study found even a small amount of physical activity made a real difference.

It means walking at a moderate or brisk pace, backpacking, hiking, bicycling, doing yoga, boxing, tennis or most any team sport. So get out there and get physical.

Keep a healthy diet

If you exercise sometimes, try 2,000 calories a day. If you choose to sit in front of the TV most nights keep in your diet to 1,800 calories. It’s not just about counting calories, though. You should be eating a balance of food from all the major food groups. Follow this nutritional guidelines:

- Eat 2 ½ cups a day of vegetables or cooked raw, or salads.
- Eat two cups of fruit, raw or cooked. Or it can come in the form of a cup of juice if it is 100% fruit juice, rather than some sugary substitute your kids love. Eat 6 ounces of grains. That could mean half a cup of rice or pasta or a slice of bread. Eat three cups of dairy. It could be yogurt, 2 ounces of cheese, or drink a cup of milk or soy milk. Eat 5 ½ ounces of protein. That means seafood or nuts or beans or peas. Lean meat or eggs or poultry work, too.

Repeat all that daily.

It may sound like a lot, but the good news is that menu would have variety and give you a lot of options for meals. You’re not stuck eating only grapefruit or doing some crazy diet.

Watch a limited amount of television

Limited television is estimated at about seven hours a week or less.

Earlier studies have found people who watch more than seven hours of TV tend to sleep less and weigh more. Sitting for long periods disrupts your metabolism.

Too much sitting may kill you, new studies show. So, if you are going to watch television, at least do it standing or exercise a bit while watching.
Drink alcohol, but in moderation

Yes, you read that correctly. The women who avoided heart disease drank alcohol.

The key, of course, is to be moderate about it. That was defined as about one drink a day for non-pregnant women. Earlier studies have shown that women who do drink in moderation have a better chance than nondrinkers of staying healthy as they age. Moderate drinking can reduce inflammation, promote healthy cholesterol levels, improve insulin resistance and help blood vessels function properly.

The CDC suggests that you shouldn’t start drinking for health impact if you don’t drink already. There are a lot of extra calories in alcohol.

Source: [http://www.cnn/2015/02/05/health/feat-healthy-heart-habits](http://www.cnn/2015/02/05/health/feat-healthy-heart-habits)

Dehydration In Adults

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in. With dehydration, more than water is moving out of our cells and bodies than what we take in through drinking.

We lose water every day in the form of water vapor in the breath we exhale and in our excreted sweat, urine, and stool. Along with the water, small amounts of salts are also lost. When we lose too much water, our bodies may become out of balance or dehydrated. Severe dehydration can lead to death.

Many conditions may cause rapid and continued fluid losses and lead to dehydration:

- Fever, heat exposure, and too much exercise
- Vomiting, diarrhea, and increased urination due to infection
- Diseases such as diabetes
- The inability to seek appropriate water and food (as in the case of a disabled person)
- An impaired ability to drink (someone in a coma or on a respirator)
- No access to safe drinking water
- Significant injuries to skin, such as burns or mouth sores, or severe skin diseases or infections (water is lost through the damaged skin)

The signs and symptoms of dehydration range from minor to severe and include:

- Increased thirst
- Dry mouth and swollen tongue
- Weakness
- Dizziness
- Palpitations (heart is jumping or pounding)
- Confusion
- Sluggishness fainting
- Fainting
- Inability to sweat
- Decreased urine output
Urine color may indicate dehydration. If urine is concentrated as deeply yellow or amber, you may be dehydrated.

**When to Seek Medical Care**

Call your doctor if the dehydrated person experiences any of the following:

- Increased or constant vomiting for more than a day
- Fever over 101 F
- Diarrhea for more than 2 days
- Weight loss
- Decreased urine production
- Confusion
- Weakness

Take the person to the hospital’s emergency department if these situations occur:

- Fever higher than 103 F
- Confusion
- Sluggishness
- Headache
- Seizures
- Difficulty breathing
- Chest or abdominal pains
- Fainting
- No urine in the last 12 hours

**Prevention**

The foremost treatment for dehydration is prevention. Anticipate the need for increased fluid intake. Plan ahead and take extra water to all outdoor events and work where increased sweating, activity and heat stress will increase fluid losses.

Encourage athletes and outdoor workers to replace fluids at a rate that equals the loss. Avoid exercise and exposure during high index days. Listen to weather forecasts for high heat stress days, and plan events that must occur outside during times when temperatures are cooler.

Ensure that older people and infants and children have adequate drinking water or fluids available assist them as necessary. Make sure that any incapacitated or impaired person is encouraged to do and provided with adequate fluids.

Avoid alcohol consumption, especially when it is very warm, because alcohol increases water loss impairs your ability to sense early sighs associated with dehydration. Wear light-colored and loose-fitting clothing if you must be outdoors when it is hot outside.

Carry a personnel fan or mist to cool yourself. Break up your exposure to hot temperatures. Find air-conditioned or shady areas and allow yourself cool off between exposures. Taking someone into a cooled area for even a couple of hours each day can help prevent them cumulative effects of high heat exposure.
Medical treatment

Treatment in the emergency department focuses first on restoring blood volume and the body fluids, while determining the cause of the dehydration.

If your core body temperature is greater than 104 F, doctors will cool the entire body. They may promote cooling by evaporation with mists and fans or cooling blankets and baths.

Fluids replacement

- If there is no nausea and vomiting, fluid replacement begun. You are asked to drink electrolyte/carbohydrate-containing fluids along with water.
- If there are signs of significant dehydration (elevated resting heart rate, low blood pressure), fluids are generally given through an IV, a tube placed into a vein.

Disposition

- If your condition improves, you may be sent home, preferably in the care of friends who can help monitor your condition.
- If you remain dehydrated, confused, feverish, have persistently abnormal vital signs, or signs of infection, you may need to stay in the hospital for additional treatment.
- If available, use a spray bottle or misters to spray lukewarm water on exposed skin surfaces to help with cooling by evaporation.
- Avoid exposing skin to excessive cold, such as ice packs or ice water. This can cause the blood vessels in the skin to constrict and will decrease rather than increase heat loss. Exposure to excess cold water can also cause shivering, which will increase body temperature- the opposite effect you’re trying to achieve.

Source: http://www.webmd.com/a-to-z-guides/dehydration-adults

Healthy Diets Mean Less Chance Of Memory Loss, Study Says

Just over 13 percent to those who got extra olive oil were diagnosed with mild cognitive impairment, which may or may not lead to Alzheimer’s disease. Just 7 percent of those who got nuts were diagnosed with mild cognitive impairment, while around 13 percent of those who got neither developed memory loss. Our results suggest that in older population a Mediterranean diet supplemented with olive oil or nuts may counter-act-related cognitive decline.

“The lack of effective treatment for cognitive decline and dementia points to the need of preventive strategies to delay the onset and/or minimize the effects of these devastating conditions. The present results with the Mediterranean diet are encouraging but further investigation is warranted.”

The findings fit in with research that has shown a Mediterranean-style diet can lower the risk of Alzheimer’s disease.

Take This Quiz And See How You Do Or Your Nutritional Knowledge

Quiz: Are You a ‘Super Foods’ Superhero?

1. What are super foods?
   a. Foods Full of nutrients
   b. FDA-approved foods
   c. Foods that fight cancer
   d. Organic foods

2. You should eat at least five servings of super foods every day?
   True / False

3. What is the healthiest part of an egg?
   a. Yolk
   b. White
   c. Yolk/white
   d. Neither; eggs aren’t healthy

4. Which fish has the healthiest fats?
   a. Cod
   b. Flounder
   c. King mackerel
   d. Salmon

5. Which nuts have healthy fats, fiber, and protein?
   a. Almonds
   b. Peanuts
   c. Walnuts
   d. All of the above

6. What do blueberries have over strawberries?
   a. More antioxidants
   b. More vitamin C
   c. More Folate
   d. More fiber

7. Which potato has more vitamin A?
   a. Russet potatoes
   b. Sweet potatoes
   c. Yukon gold potatoes

8. What can oatmeal help control?
   a. Cholesterol levels
   b. Blood sugar levels
   c. Body weight
   d. All of the above
9. Beans belong to which food group?
   a. Protein group (Meat, Fish, Poultry)
   b. Vegetable
   c. Both Groups

10. Which kind of tea cuts your chance of getting Cancer?
    a. Green tea
    b. Black tea
    c. Both Black and Green Tea

11. What’s good about Greek-style yogurt?
    a. Has more calcium
    b. It has more protein
    c. It has move healthy fats

12. What’s a good sign a food has lots of nutrients?
    a. Deep color
    b. Weigh a lot
    c. Is raw, not cooked

13. Super foods are usually lower in calories than other foods?
    True/ False

14. What should we all eat more of?
    a. Sodium
    b. Fiber
    c. Protein

Source: http://www.webmd.com/diet/rm-quiz-super-foods

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**Delicious Mediterranean Diet Foods**

A Mediterranean diet may be key to long life- The Mediterranean diet is easy to find in the grocery store Nutrients that are known to enhance longevity and has other health benefits that are backed by doctors suggest using olive oil rather than butter to make your meals. A Spanish study found a Mediterranean diet supplemented with extra-virgin olive oil reduced the incidence of major cardiovascular events among patients with a history of heart disease.

If you’re going to set just one goal 2015, I think eating more produce should be it, but I've also list four others below and foods known to enhance longevity and other health benefits.
Make water your beverage of choice

You’ve heard about the unwanted effects of drinking both regular and diet soda, but you may not be aware of some of the benefits of drinking more H2O. According to a study in the American Journal of Clinical Nutrition, people who get much of their daily fluid intake from plain water tend to have healthier diets overall. And in addition to hydrating you, water may be a helpful weight loss aid, by curbing appetite and boosting metabolism. One study found that people who drank about 7 cups of water a day, ate nearly fewer daily calories compared to those who gulped less than one glass. Another found that when adults drank 2 cups of water right before eating a meal they ate between 75 to 90 fewer calories.

How to do it: Reach for 16 ounce of water four times a day. And if you dislike the taste of plain H2O, spruce it up. Add wedges of lemon or lime, fresh mint leaves, cucumber slices, fresh grated ginger or organic citrus zest, or a bit of mashed juicy fruit, like berries or tangerine wedges.

Choose whole-food starches

Americans are eating far too much refined grains, including white versions of bread, pasta, rice, crackers and pretzels, in addition to baked goods and cereals made of refined starch. The intake of whole gains, like brown rice, whole wheat, and quinoa is on the rise, yet the average intake of whole grains in the U.S. is less than one serving a day. Research shows that a higher whole grain intake is tied to a lower risk of heart disease, stroke, cancer, diabetes, and obesity. The latter be because whole grain are filling: Their fiber helps delay stomach emptying, which keeps you fuller longer, delays the return of hunger, and helps regulate blood sugar and insulin levels, which are tied to appetite regulation.

How to do it: Aim for just one to two servings of whole food starch in each meal, more if you’re more active, less if you’re less active. Great choices include oats or a puffed whole grain cereal at breakfast, quinoa or chickpeas in a salad at lunch, and sweet potato, squash, lentils, or wild rice at dinner. One serving is generally a half-cup of a cooked starch, or the serving stated on the nutrition label for packaged foods.

Budget your sugar intake

Moderation works better than deprivation. Currently, the average American takes in a whopping 22 teaspoons of added sugar each day. Added sugar doesn’t include the type out in foods by Mother Nature (like the sugar in fruit) but rather the kind added to foods, like sweetened yogurt, or the sugar you spoon in your coffee. According to the American Heart Association, the daily target for added sugar should be not more than 6 levels teaspoons for women, and 9 for men. It’s strict, but target isn’t zero, which means you don’t need to banish sugar completely. Allowing yourself some of the sweet stuff can be helpful way to stay on track, because swearing it off completely can result in intense cravings and rebound overeating.

How to do it: Start by cutting out processed versions of sweet stuff, like candy and packaged treats, and begin tracking how many foods you buy that are pre-sweetened, such as yogurt or almond milk (sugar can even be lurking in store-bought tomato sauce and salad dressing). Next, opt for unsweetened versions of package foods, or make them yourself without adding sugar. Enjoy a little of dark chocolate every day, or once or twice a week pre-plan splurges that won’t derailed your healthy diet, like splitting a dessert with dinner companion, or buying one really worthwhile cookie from the bakery.
Become more mindful
One of the most powerful resolutions you can make for 2015 is to work on raising your eating awareness, which includes tuning into hunger and fullness cues, as well as slowing your eating pace, and identifying non-physical eating triggers (boredom, habit, or a bad day). Paying attention to body signals has been shown to be as effective as a formal class for weight loss. And slowing down your eating can naturally help you eat less while feeling more satisfied.

How to do it: To home your mindfulness skills, start keeping a food journal to record not just what and how much you eat, but also your degrees of hunger and fullness before and after meals, as well as any emotional notes, such as craving something crunchy because you feel angry, or wanting to eat while watching TV.
Also committing to not doing anything else while you eat, at least once a day. Take breaks between each bite, check in with your body, focus on the flavors and textures of the your food, and stop when you feel you’ve had enough, even if you haven’t cleaned your plate. The Mediterranean diet is easy items to find in the grocery store nutrients that are known to enhance longevity and other health benefits.

Quinoa is the popular whole-grain du jour because it also contains a good dose of protein to help build muscle. Yet including any type of whole grain in your diet -- from barley to brown rice -- will aid in weight loss by filling you up for fewer calories.

Blueberries are often singled out as a kind of super food because studies have shown they aid in everything from fighting cancer to lowering cholesterol. But all berries, including raspberries, strawberries and blackberries, contain antioxidants and phytonutrients. Worried about the price of fresh fruit? Experts say the frozen kind is just fine.

Many dieters shy away from nuts because of their high calorie and fat count. But studies show that eating a handful several times a week can prevent heart disease and ultimately help you shed pounds since they fill you up and stop you from snacking on other things. Almonds, in particular, contain lots of monounsaturated fats and fiber. (Healthy swap: Replace peanut butter with almond butter.)
Salmon is also a good source of lean protein. With this diet doctors suggest eating fish at least two times a week. Salmon provides a high dose of omega-3 fatty acids, which studies show significantly lower the risk of heart disease. Omega-3 fatty acids fight back by reducing inflammation and slowing the rate of plaque buildup in blood vessels.

Beans, beans, the magical fruit; the more you eat, the more ... you lose weight. Black, kidney, white and garbanzo beans (also known as chickpeas) are good for fiber and protein. They fill you up and provide muscle-building material without any of the fat that meat can add to your meal.

Eating a breakfast high in protein is a good way to keep hunger at bay throughout the day. Eggs are full of choline, a nutrient that helps block fat from being absorbed in the liver. Choline may also help in preventing memory loss.

Spinach is a great source of iron, which is a key component in red blood cells that fuel our muscles with oxygen for energy. But researchers in Sweden identified another way in which these greens might keep you charged: Compounds found in spinach actually increase the efficiency of our mitochondria, the energy-producing factories inside our cells. That means eating a cup of cooked spinach a day may give you more lasting power on the elliptical machine (or in your daily sprint to catch the bus).

Walnuts are packed with tryptophan, an amino acid your body needs to create the feel-great chemical serotonin. (In fact, Spanish researchers found that walnut eaters have higher levels of this natural mood-regulator.) Another perk: "They're digested slowly," says Dr. David Katz, director of the Yale Prevention Research Center. "This contributes to mood stability and can help you tolerate stress."

Asparagus is one of the best veggie sources of folate, a B vitamin that could help keep you out of a mental slump. "Folate is important for the synthesis of the neurotransmitters dopamine, serotonin and norepinephrine.

It's not a requirement to drink on this diet, but if you do drink alcohol, drinking red wine in moderate amounts can be good for your health. Moderation means one drink for women and two for men by the way. Studies show red wine can help protect against heart disease.

Source: [http://www.cnn.com/2015/01/14/healthy-eating-habits](http://www.cnn.com/2015/01/14/healthy-eating-habits)