



# Heart Diseases Awareness Month

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MedNet Heart Diseases Awareness Newsletter

February Edition



## Guard Your Heart: Simple Steps to Prevent Heart Disease

Heart disease remains one of the leading causes of death worldwide, but the good news is that many risk factors are preventable. Awareness and proactive care can make all the difference. Here's what you need to know to keep your heart healthy.

## Early Warning Signs of Heart Attack and Stroke

Recognizing symptoms early can save lives.

### Heart Attack Signs:

- Chest discomfort: pressure, squeezing, or pain lasting more than a few minutes.
- Pain or discomfort in arms, back, neck, jaw, or stomach.
- Shortness of breath, even without chest pain.
- Cold sweats, nausea, or lightheadedness.
- Unusual fatigue, sleep disturbance, nausea, or palpitations — (symptoms that are more commonly reported in women)



## Stroke Signs (F.A.S.T.):

- **Face Drooping:** One side of the face droops when smiling.
- **Arm Weakness:** One arm drifts downward when raised.
- **Speech Difficulty:** Slurred or strange speech.
- **Time:** Call emergency services immediately.

Symptoms and risk factors can vary by age, gender, and medical history. Women, older adults, and people with diabetes may experience *atypical or subtle symptoms*. Always seek medical advice if symptoms are unusual or concerning.

## Heart-Healthy Diet Checklist

Your diet plays a major role in heart health. Follow these guidelines:



Eat plenty of fruits and vegetables



Choose whole grains over refined grains



Include lean proteins like fish, poultry, beans, and nuts



Opt for low-fat dairy products



Use healthy oils such as olive or canola



Limit saturated fats, added sugars, and sodium



Avoid processed foods and sugary drinks



## Why Regular Screening Matters?

**Routine health checks help detect risks early:**

- **Blood Pressure:** Check annually if normal; more often if elevated
- **Cholesterol (Lipid Panel):** Start at age 20; repeat every 6–4 years or more frequently if at risk
- **Other Tests:** Blood glucose, BMI, and ECG for high-risk individuals

## Stress and Sleep: Hidden Heart Risks

Stress triggers hormonal changes that raise blood pressure and inflammation, increasing heart disease risk. Poor coping habits like smoking or overeating worsen the problem.

**Practical stress-management strategies include:**

Regular physical activity

Mindfulness or relaxation techniques (e.g., deep breathing, meditation)

Setting boundaries and maintaining work–life balance

Sleep is equally vital—adults need 9–7 hours nightly. Lack of sleep disrupts blood pressure regulation and increases the risk of obesity, diabetes, and heart disease.

### Healthy sleep habits include:

- Maintaining consistent sleep and wake times
- Limiting screen use before bedtime
- Creating a quiet, dark sleep environment



### At MedNet, we're committed to supporting your heart health through:



Screening Coordination: Easy access to BP and cholesterol checks



Wellness Programs: Nutrition guides, webinars, and lifestyle tips



Educational Materials: Infographics and campaigns on heart health

Your heart is the engine that keeps you going—don't wait for warning signs to take action. Small changes like eating better, managing stress, and getting regular check-ups can make a big difference. With MedNet by your side, you have the tools and support to live a heart-healthy life. Start today, because prevention is the best medicine.

**Your heart matters—take steps today for a healthier tomorrow.**

February is a reminder that heart health matters every day. By raising awareness around heart disease prevention, early screening, and informed lifestyle choices, we can make a lasting difference.

Together, we can support healthier hearts and longer, better-quality lives for our communities.

## MedNet Team

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