



American Heart Month



What is American Heart Month?

American Heart Month focuses on raising awareness about heart disease and knowing what risk factors may affect you. [Heart disease](#) refers to different conditions that affect the heart's structure and how it functions. By adopting a heart-healthy lifestyle, you can greatly lower your risk and improve your overall health.

Simple Steps for a Stronger Heart: Learn the ABCS!

- A** Aspirin use if prescribed by your doctor. Based on your medical history, your doctor may recommend aspirin to reduce your risk of heart attack or stroke, especially if you've had one before.
- B** Blood pressure control. [Blood pressure](#) is the force of blood against your artery walls. Keeping it in a healthy range is essential because high blood pressure greatly increases your risk of stroke and heart attack.
- C** Cholesterol management. [Cholesterol](#) is a substance your body needs, but too much can clog arteries and lead to heart disease. There's 'good' cholesterol that protects your heart and 'bad' cholesterol that raises your risk. Ask your healthcare provider how to manage your levels.
- S** Smoking cessation. When you [quit smoking](#), within minutes your body starts the healing process. [Learn more](#) about the health benefits of quitting over time.

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What Else Can I Do to Support My Heart Health?



Choose a [Heart Healthy Diet](#). Choose healthy meals and snacks that include plenty of fruits and vegetables, whole grains, and [healthy sources of protein](#) such as fish. Limiting sweets, added sugars, and processed foods can help you maintain a healthy weight and reduce your risk of heart disease.



Get Regular [Physical Activity](#). Regular physical activity can help lower your blood pressure, blood cholesterol, and blood sugar levels, as well as help you maintain a healthy weight. 150 minutes of moderate exercise per week is recommended for adults.

Your Cardiac Care Benefit: Carrum Health

If you think you may need heart care that goes beyond a routine doctor's visit, [contact Carrum Health](#) today. You may be eligible to receive a consultation at no-cost to you from one of the country's leading heart surgeons.



Protect Your Heart and Health: Quit Smoking

Choosing to quit is a strong step toward better health and lowering your chances of serious health problems. Reach out for free, [confidential support online](#) or by phone at 1-800-QUIT-NOW and start your journey to a healthier, tobacco-free life.