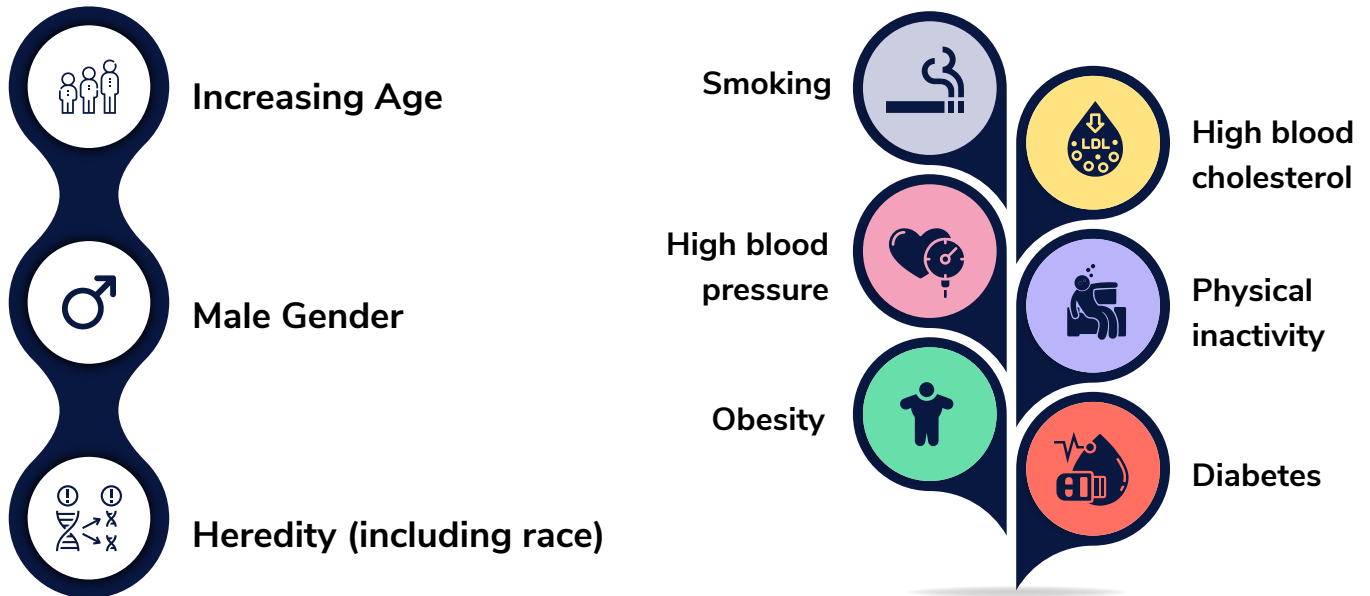




# Technology Solution for Heart Care

Heart disease is a leading cause of death, but it's not inevitable. There are many health conditions, lifestyle patterns, age and family history that play a role in increasing your risk for heart disease. These are called risk factors - some of them are there with you because of your genes and family history and cannot be changed. But there are some risk factors that you can control and reduce your susceptibility to this condition.

## Risk factors that cannot be changed      Risk factors that can be controlled



## What behaviour can increase the risk of heart disease?

- ▶ Centers for Disease Control and Prevention states the following lifestyle choices that can increase the risk for heart disease.
- ▶ Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure.
- ▶ Not getting enough physical activity can lead to heart disease. It can also increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.
- ▶ Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a fatty substance in the blood which can increase the risk for heart disease.

**Women should have no more than 1 drink a day.**

**Men should have no more than 2 drinks a day.**

- ▶ Tobacco use increases the risk for heart disease and heart attack: Cigarette smoking can damage the heart and blood vessels, which increases the risk for heart conditions such as atherosclerosis and heart attack. Nicotine raises blood pressure whereas carbon monoxide from cigarette smoke reduces the amount of oxygen that blood can carry.

This shows that adopting healthy behaviors like having a balanced diet and regular exercise can influence the outcomes heavily along with the adherence to medication. Family and friends can play a vital role in supporting individuals trying to follow the care plan advised by the doctor to achieve a healthy heart.

Healthcare systems are bringing about a change to point the effort on empowering people. The medical care processes all over the world are getting redesigned so that patients and families are informed, empowered, and engaged in their own health care and able to engage with their doctor in making healthcare decisions and ensuring that they meet their goals for health and life.



## Track Your Heart Stats

Men and women need to regularly check their health status and discuss with the doctor to assess their risk for future conditions and plan any lifestyle changes. The goal is for people to determine whether any of these factors are abnormal, allowing them to take appropriate action to reduce their risk for CVD.

## Maintaining Optimum Body Weight

Adopting good health habits of balanced eating and regular physical activity can help you lose weight more easily and keep it off for good. Estimating serving size to track daily calorie intake can be quickly mastered and planned as per optimum need of the individuals based on their daily activity levels.



## Eating Healthy Diet

While following a diet that promotes and maintains heart health, it is essential to eat fresh fruits, vegetables, nuts, whole grains, poultry and fish. It is best to avoid or minimize the consumption of red and processed meats, foods and beverages with added sugar or salt, refined carbohydrates, and foods containing trans fat. Eating less salty foods and more potassium-rich foods may significantly lower the risk of cardiovascular disease.



## Following Exercise Regime

A lifestyle that includes some form of regular physical activity contributes in a big way to promote heart health while keeping mental stress away. A Regular exercise regime could include daily walks, gardening, swimming or even performing yoga. Any form of activity lowers the risk of heart disease, stroke, high blood pressure, diabetes, osteoporosis, as well as certain cancers, and it is also essential to maintain mental wellness and keep stress at bay.

REAN HealthGuru mobile application can be a great tool to help people adopt a healthy lifestyle and independently manage heart health. The innovative mobile application works as a daily companion that empowers an individual's journey toward a holistically healthy lifestyle. The application supports care based on key health and wellness pillars. It provides an easy-to-use platform to update and share all info related to your prescriptions, medical records, track vitals as well as plan your diet and fitness routine while offering physical and mental health resources to help you understand your body and manage your heart health in a proactive manner.



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