

How To Protect Your Heart and Prevent Cardiovascular Diseases?



Meta Description: A healthy heart means a healthy life; Here are some top tips for heart care to prevent cardiovascular disease.

---XXX---

We have all heard that prevention is better than cure, but it is always better said than done. Heart disease is one of the leading causes of death in India. Many things can add to the risk of heart disease.

There are a few things beyond your control while there are things you can take care of. Educating yourself about these things can help you lower the risk of developing cardiovascular diseases, instead of spending profusely on the treatment of heart disease.

You may be at a greater heart risk of developing a heart condition if you are older than 45 (in case of men) or 55 (in case of women), or if someone close in your family has had cardiovascular diseases.

What are the ways to prevent and lower the risk of heart disease?

On the bright side, there are many ways to help reduce the risk of heart disease. Read on to know about the top and effective ways of the same.

- **Maintaining a Healthy Diet**



Enrich your meals with green vegetables, fruits, plant-based proteins, fish, and avoid sugars, foods high in sodium and saturated fats. Wondering which fruit or vegetable is best for the heart?

Vegetables including kale, spinach, and collard greens are great sources of antioxidants. They are also a great source of vitamin K, which promotes blood clotting and keep your arteries healthy.

Strawberries, blueberries and blackberries are also rich with important nutrients that play a key role for your [heart care](#). Keep up with this heart disease prevention diet to lower the risk of heart-related issues.

- **Regulating the Blood Pressure**



Hypertension is one of the prime factors of putting your heart at risk or leading to conditions like Renal artery stenosis. It is important to constantly keep a regular tab on your blood pressure (at least once a year as an adult). Eat a healthy diet, limit your alcohol consumption, and stay physically active to keep your blood pressure under control.

- **Going Tobacco-Free**



Smoking increases the risk of blood pressure, stroke, and heart attack. If you're a smoker, quitting would help decrease the chance of cardiovascular diseases. Keep away from

tobacco or tobacco products, and remember, there isn't anything like a safe tobacco product. Also, avoid being a passive smoker as it is bound to have just as adverse effects.

- **Regular Cardio Exercise**



Staying active is one of the top ways of keeping your heart healthy. Sitting is the new smoking. So, avoid having a sedentary life and ensure that you spend at least 30 minutes exercising every day. Regular exercise also helps increase insulin sensitivity, reduce blood pressure, and reduce bad cholesterol.

- **Ensuring Adequate Sleep**



Not getting adequate sleep is one of the prime factors leading to obesity and high blood pressure. These issues can further put you at the risk of diseases like coronary artery disease and peripheral arterial disease.

It is vital for an adult to get at least 7 to 8 hours of sleep daily. It is important that you develop healthy sleeping habits. In case you are suffering from insomnia or any other sleep disorders, you must get in touch with an expert to help you get back to a healthy sleep ritual.

Sleep Apnea is one of the common sleep disorders that affect sleep quality and makes it difficult to breathe while sleeping. People with the issue tend to snore loudly; however, not everyone who snores loudly has it. Proper diagnosis and treatment can help combat the issue.

- **Maintaining Healthy Weight**



Obesity is one of the prodding factors for putting you at heart risk. It is linked to other risk factors, including [hypertension](#), diabetes, and high blood pressure. Start with an active lifestyle, adequate sleep, and a diet with fewer calories. Keep a tab on your Body Mass Index (BMI) and consult a dietician for proper advice.

- **Managing Diabetes**



Those with diabetes are at a double risk of having diabetic heart disease. This is because the high blood sugar from diabetes can harm blood vessels and nerves that control your heart. It is important to run the necessary tests to see if you have [diabetes](#), take necessary precautions if you don't, and take important measures to keep it under control if you do.

- **Managing Stress**



If you are undergoing stress, it is important that you take healthy measures to cope up with it. Regular physical exercise, relaxation exercises and meditation can help with the same. Don't resort to unhealthy measures like consuming alcohol, or smoking as that can further add to the heart risk.

- **Going for Regular Heart Screenings**

As mentioned previously, high blood pressure and high levels of cholesterol can adversely affect your heart health or lead to cerebrovascular diseases and aortic aneurysm.

It is important that you get yourself regular checkups to keep a tab on your blood pressure and cholesterol levels. Go for a checkup to check your cholesterol level, at least once in every two to six years if you're an adult, while it is ideal to check your blood pressure once in every two years.

Diabetes can also be a contributing factor to heart-related issues. If you are overweight or have a family history of diabetes, it is recommended to go for a screening; otherwise, it is suggested to start with the screenings from the age of 45, once in every three years.

These lifestyle changes will act very conducive in keeping your heart healthy while they will also help keep you in shape and prod your overall physical wellness.

Sources:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>

<https://medlineplus.gov/howtopreventheartdisease.html>