



Welcome to this year's 2nd issue of the PT and Wellness newsletter! We will discuss exercise and health advice for a healthy heart. February is **Heart Health** month!



La Plata Wellness suggests that to improve/maintain overall health and wellness or "homeostasis," it is important to participate in cardiovascular exercise along with strength and flexibility training. Cardiovascular exercise increases your heart rate, lung capacity, and most importantly, circulation. Examples of cardiovascular exercise includes: walking, jogging, dancing, tennis, cycling, swimming etc. Try to do cardiovascular exercise 20-30 mins at least twice per week. To lose weight you must burn more calories than you ingest. Your body will burn fat as a result, even while you are asleep.

The Pharmacist's Corner by Marty Pride R.Ph.

Consultant Pharmacist

One of the most common conditions that most people suffer from as they age is hypertension. This is commonly referred to as "high blood pressure". This condition is rarely self-diagnosed because it is largely asymptomatic. It is normally detected during a visit to the doctor. Depending on how high it actually is the doctor may prescribe a diuretic and may recommend weight loss and exercise. A frequently prescribed diuretic is hydrochlorothiazide. This is very inexpensive because it can be dispensed generically. It is recommended that a lot of potassium-rich foods be consumed with this medication because it really tends to deplete that mineral. The doctor can prescribe a potassium supplement, like Slow-K™, along with a potassium depleting diuretic. Another commonly prescribed diuretic is a "loop" diuretic known as Lasix™ or furosemide. The most common symptom of potassium depletion is muscle cramping. There is another type of diuretic known as "potassium-sparing". Aldactone™, or spironolactone, is one of these types of diuretic. These drugs tend to allow the body to maintain potassium levels. If decreasing body fluids does not achieve normal blood pressure, other anti-hypertensive agents can be added. The most

prescribed anti-hypertensive agents come from two different groups; calcium channel blockers and ARBs, or angiotensin receptor blockers. Calan™ (verapamil) is a member of the former group and Vasotec™ (enalapril) is a member of the latter.

Helping your Heart Ann Haynes, PTA

Protecting yourself from Heart Disease includes many elements of prevention: diet, exercise, cutting out smoking, lowering your cholesterol and monitoring blood pressure.

A healthy heart diet should be low-fat, low-cholesterol and salt intake should be limited. Your diet should also be rich in fruit, vegetables and fiber. Food labels are a good tool to follow these guidelines.

According to the *American Heart Association*, a person should partake in at least 30 minutes of moderate intensity exercise, 5 times a week. Monitor heart rate by utilizing the heart rate monitor on a piece of cardio equipment or a personal heart rate monitor. For healthy individuals, maintain a range of 60-85% of your max heart rate. Consult physician for a safe heart rate. If neither monitor is available to you, just use the "talk test." If you can talk easily or comfortably, you are ok.

Cholesterol levels are very important. Ask your physician about how often to monitor cholesterol levels. The AHA has established healthy ranges for good cholesterol and total cholesterol. A person with HDL or "good cholesterol" levels >60mg/dL is within acceptable ranges. Total cholesterol levels for a healthy lifestyle should be below 200mg/dL. Numbers above 200mg/dL for total cholesterol exponentially increases a persons risk for Coronary Heart Disease.

Have your blood pressure checked at least once every two years or more if recommended or there is a family history of hypertension. There are cuffs in every local grocery store. Ideal for average adults would be 120/80 with 140/90 being borderline hypertension.

Coronary heart disease is the number one killer of Americans. It is necessary to know your risk factors and take necessary actions & preventive measures to protect yourself and your loved ones from this horrible, deadly disease.

