

UNDERSTAND AND RECOGNIZE HEART DISEASE



Heart disease is a common heart condition that affects the major blood vessels that supply the heart muscle. For most people, heart disease is preventable, so it's important to understand and control risk factors.

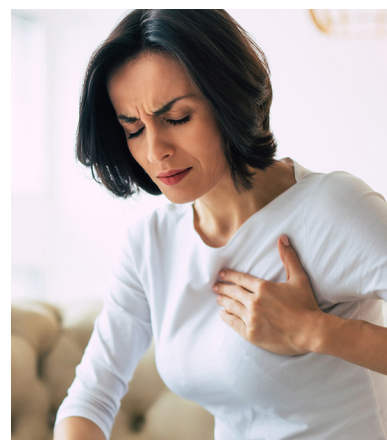
RECOGNIZE THE SYMPTOMS

- Chest pain, chest tightness, chest pressure and chest discomfort
- Shortness of breath
- Pain in the neck, jaw, throat, upper stomach area or back
- Pain, numbness, weakness or coldness in the legs or arms

EAT YOUR WAY TO A HEALTHY HEART

Making just a few small changes to your diet can have you on your way to a healthier heart.

- **Control portion sizes**—Learn the portion sizes specific to your needs
- **Eat smarter**—Eat smaller amounts of high-calorie, high-sodium foods, and more nutrient-rich foods
- **Select whole grains**—Make substitutions for refined grain products
- **Limit unhealthy fats**—The American Heart Association recommends a diet that achieves 5% to 6% of calories from saturated fat
- **Choose low-fat proteins**—Lean meat, poultry and fish, low-fat dairy products, and eggs are some of the best choices
- **Limit or reduce sodium**—Too much salt can lead to high blood pressure, a risk factor for heart disease



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Eat a healthy diet to help prevent heart disease

DO YOUR HEART SOME GOOD

Choosing healthy behaviors lowers your risk for heart disease, prevents other serious chronic conditions and improves your quality of life.

- Eat a healthy diet
- Keep healthy blood sugar numbers
- Get 2.5 hours of moderate physical activity each week
- Don't smoke
- Monitor your blood pressure
- Maintain healthy cholesterol numbers

February is American Heart Month. Visit the [National Heart, Lung, and Blood Institute's website](#) for more information and for tips on how to motivate others to be smart when it comes to their heart.

Sources: The American Heart Association, webmd.com, Mayo Clinic, CDC



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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