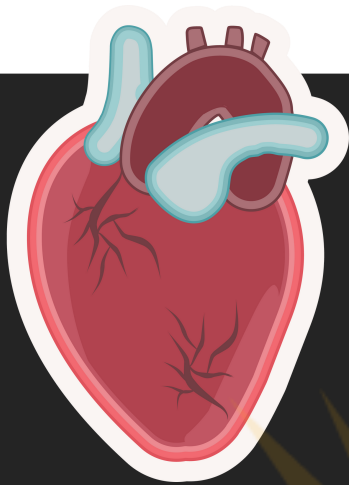




Heart Health In Recovery



The Heart...

is an organ about the size of your fist that pumps blood through your body. Your heart is at the center of your circulatory system

Blood Pressure

Checking your BP regularly can help prevent heart disease

Normal

Less Than 120 mmHG
Less Than 80 mmHG

High Blood Pressure

Over 130 mmHG
Over 80 mmHG

Heart Disease Is Our Nation's No.1 Killer

Someone dies
every 33 seconds
of heart disease

Risk Factors

- Smoking
- High Blood Pressure
- High Blood Cholesterol
- Diabetes
- Weight
- PHYSICAL Inactivity
- Excessive Alcohol Use

Mental Health & Heart Health

Anxiety & Mood Disorders

- Increased heart rate
- Increased blood pressure
- Heart attack
- Cardiometabolic disease risk due to medications

Opioids

- Alters heart rhythms
 - Arrhythmia
- Infections of the heart
 - Endocarditis

Alcohol

- Enlarges the heart
- Heart has trouble contracting
 - Alcoholic Cardiomyopathy

Proactive Heart Healthy Living

Exercise

Aim for at least 150 minutes a week or go for 75 minutes a week of more vigorous activity

Nutrition

Nutrition is an Individual experiment

Leading experts agree that

- Ultra processed foods are dangerous
- Plants are needed
- Refined grains should be minimized

Sleep

Make sleep sacred!

- Between 7 to 9 hours a night
- Quality is more Important than quantity

Get Help

If your heart health needs attention, create a team that Includes:

- Therapist
- PHYSICAL Therapist
- Nutritionist
- Cardiologist
- Certified Trainer
- Support system

**Your Heart Is
Your Responsibility.
Treat It Well.**

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