

GOOD HEALTH &
WELLNESS IN INDIAN
COUNTRY



ROCKY MOUNTAIN
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COUNCIL

February is Heart Health Month

WHAT IS HEART DISEASE

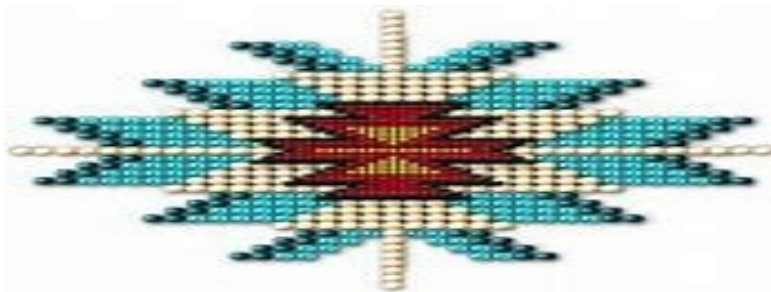
- Heart and blood vessel disease (also called heart disease) includes range of conditions, many related to atherosclerosis.

PRIMARY CONTRIBUTORS

- Two primary contributing mechanisms to heart disease are inflammation and oxidative damage.

RISK FACTORS FOR HEART DISEASE

- Smoking, including second-hand smoke
- Processed foods, trans fats
- Untreated hypertension (high blood pressure)
- Stress
- Sleep Deprivation has the same effect on the immune system as physical stress or illness. Lack of sleep is linked to a higher risk of atherosclerosis
- Lack of exercise
- Obesity



DIETARY COMPONENTS CRUCIAL TO HEART HEALTH

- Sulfur: Role in detoxification and heart health. Found in cruciferous vegetables, meats, eggs, seafood, garlic, onions.
- Vitamin K2: Low levels of vitamin K2 increases the risk of arterial calcification and heart disease.
- Omega-3 (O3) fats: Found in cold-water fatty fish. They decrease the risk of a fatal and nonfatal heart attack, stroke, cardiac arrhythmias and death. O3 fats taken after heart attack improve odds of survival. They also lower triacyl glycerides.
- Vitamin C: Neutralizes free radicals that damage the lining of arteries. Low vitamin C causes arteries to become brittle and to rupture. Atherosclerosis disproportionately struck patients with inadequate levels of vitamin C.
- Lysine and proline: Work with Vitamin C to produce collagen needed for strong blood vessels.
- Other nutrients for heart health: CoQ10, carnitine, Vitamin D, E, B3 (Niacin), magnesium.

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