

# MedBen

# WellCare

benefitness for you.

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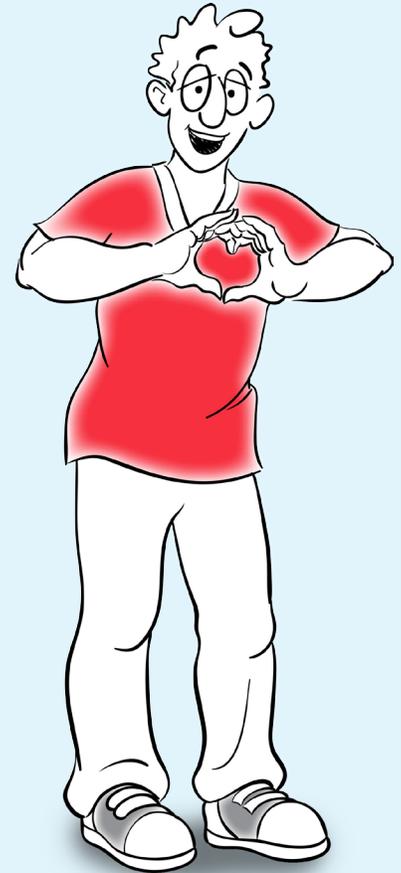
## Stay Heart Strong

Responsible for pumping more than 2,000 gallons of blood a day throughout the 60,000 miles of blood vessels within your body, the heart requires itself to be in tip-top shape. However, some may not realize the negative impact that every day activities have on our heart... or that they could even lead to heart disease.

Do you watch hours of TV every evening? Snore when you sleep? Skip flossing? Eat a lot of red meats or season food with extra salt? Most of us will answer “yes” to more than one of these.

Watching TV frequently, even if you exercise regularly, can still impair your heart. Snoring can be a sign of obstructive sleep apnea, which, just like eating salty foods, causes a spike in blood pressure. Skipping the floss and eating a lot of red meat have been shown to increase the risk of heart disease.

Though this list may be a short summary of things that can affect the heart, perhaps the most dangerous thing we do is assume that we are not at risk. One in three U.S. adults are diagnosed with a cardiovascular disease that can be considered among the “silent killers.” Seeking guidance from your family physician is one of the only ways to detect early onset and to effectively manage heart conditions.



## Don't Skip a Beat

Better heart health begins with a dash of knowledge.

- **Watching TV** – it's not the TV itself that lessens heart health, but rather immobility. Still, if you really enjoy TV, stand or go for a quick walk more often to help combat side effects. Also, try standing more at work, say, while on the telephone.
- **Red meats** are high in saturated fats. Replace red meat with poultry or fish for a healthier option.
- **Flossing** – Gone untreated, plaque built up between your teeth may enter your blood stream – so before brushing, reach for the floss!
- **Salt** – try avoiding extra salt when cooking! Salt makes your body retain water, increasing your blood pressure.
- Remember, the basis of a healthy heart (and life) start with **diet and exercise!**



SOURCES: WebMD, American Heart Association, Blood Pressure UK

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