

**Chapter 1 : The Healthy Heart Handbook for Women, HHS, NIH, NHLBI**

*The National Heart, Lung, and Blood Institute (NHLBI) would like to express its gratitude to all of the women whose pictures and stories appear in this handbook.*

Aporte a la rutina de la trinchera asistencial donde los conocimientos se funden con las demandas de los pacientes, sus necesidades y las esperanzas de permanecer en la gracia de la SALUD. More than 65 percent of people who have diabetes die of some type of cardiovascular disease. Diabetic women are at especially high risk for dying of heart disease and stroke. Today, 7 million women in the United States have diabetes, including an estimated 3 million women who do not even know they have the disease. The type of diabetes that most commonly develops in adulthood is type 2 diabetes. In type 2 diabetes, the pancreas makes insulin, but the body cannot use it properly and gradually loses the ability to produce it. Type 2 diabetes is a serious disease. In addition to increasing the risk for heart disease, it is the 1 cause of kidney failure, blindness, and lower limb amputation in adults. Diabetes can also lead to nerve damage and difficulties in fighting infection. The risk of type 2 diabetes rises after the age of You are much more likely to develop this disease if you are overweight, especially if you have extra weight around your waist. Other risk factors include physical inactivity and a family history of diabetes. Women who have had diabetes during pregnancy gestational diabetes or have given birth to a baby weighing more than 9 pounds are also more likely to develop type2 diabetes later in life. Symptoms of diabetes may include fatigue, nausea, frequent urination, unusual thirst, weight loss, blurred vision, frequent infections, and slow healing of sores. But type 2 diabetes develops gradually and sometimes has no symptoms. Even if you have no symptoms of diabetes, if you are overweight and have any of the risk factors for type 2 diabetes, ask your doctor about getting tested for it. If you have diabetes, controlling your blood glucose blood sugar levels will help to prevent complications. Because diabetes is so strongly linked with heart disease, managing diabetes must include keeping certain factors under control See "The ABCs of Diabetes Control". Recommended levels of blood pressure and blood cholesterol control are lower for people with diabetes than for most others. Not smoking, being physically active, and taking aspirin daily if your doctor recommends it also are important ways to prevent heart disease if you have diabetes. Some people do not yet have diabetes but are at high risk for developing the disease. They have a condition known as "prediabetes," in which blood glucose levels are higher than normal but not yet in the diabetic range. But new research shows that many people with pre diabetes can prevent or delay the development of diabetes by making modest changes in diet and level of physical activity See "Preventing Diabetes". People who are prediabetic also have a 50 percent greater chance of having a heart attack or stroke than those who haven normal blood glucose levels. A is for the A1C test, which is short for hemoglobin A1C. This test measures your average blood glucose blood sugar over the last 3 months. It lets you know if your blood glucose level is under control. Get this test at least twice a year. The number to aim for is below 7. B is for blood pressure. The higher your blood pressure, the harder your heart has to work. C is for cholesterol. LDL, or "bad" cholesterol, builds up and clogs your arteries. Get your LDL cholesterol tested at least once a year. Your doctor may advise you to aim for an even lower target number, for example, less than Be sure to ask your doctor these questions: What are my ABC numbers? What should my ABC target numbers be? What actions should I take to reach my ABC target numbers? To lower your risk of heart attack and stroke, also take these steps: Be physically active every day. Eat less salt and sodium, saturated fat, trans fat, and cholesterol. Choose fiber-rich whole grains, fruits, vegetables, and beans. Stay at a healthy weight. If you smoke, stop. Ask your doctor about taking aspirin. Ask others to help you manage your diabetes. But you can take steps to improve your health and delay or possibly prevent diabetes. A recent study showed that many overweight, prediabetic people dramatically reduced the risk of developing diabetes by following a lower fat, lower calorie diet and getting 30 minutes of physical activity at least 5 days per week. The following are some encouraging results of the study: Overall, people who achieved a 5 to 7 percent weight loss about 10 to 15 pounds through diet and increased physical activity usually brisk walking reduced their risk of diabetes by 58 percent over the next 3 years. For people over age 60, these lifestyle changes reduced the risk of developing diabetes by 71

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percent. Benefits were seen in all of the racial and ethnic groups who participated in the studyâ€”Caucasians, African Americans, Hispanics, American Indians, Asian Americans, and Pacific Islanders. These findings suggest that you can act to prevent or delay diabetes, even if you are at high risk for the disease. For more information on how to choose and cook low-fat foods, get more physical activity, and achieve a healthy weight, see "Taking Control".

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*The Healthy Heart Handbook for Women Description This guide, part of The Heart Truth campaign, provides up-to-date information on women's heart disease and practical suggestions for reducing the risk of heart-related problems.*

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*The handbook will also help you make sense of widely publicized research on the impact of a lower fat diet on women's heart disease risk. There is much good news in these pages, including new findings that people who avoid heart disease risk factors tend to live healthier and longer lives.*

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*The Healthy Heart Handbook for Women will give you new information on women's heart disease and practical suggestions for reducing your own personal risk of heart-related problems.*

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*Discussed are topics as hormone replacement therapy, treatment for high blood cholesterol, healthy eating, physical activity, the warning signs of a heart attack, how to talk with your doctor about heart health, and whether vitamin supplements can prevent heart disease.*

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*Topics Heart diseases in women United States Prevention Popular works, Heart Diseases United States Prevention Handbooks, manuals, etc, Heart Diseases United States Prevention Popular works, Cardiovascular system Diseases United States Prevention Handbooks, manuals, etc, Women Health and hygiene United States Handbooks, manuals, etc, Coronary heart disease Prevention Popular works.*

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*NIH "Healthy Heart Handbook for Women" acids is good for the heart and vital to good health (i.e. wild salmon, tuna,*

*mackerel, sardines).*