

Wellness Wire



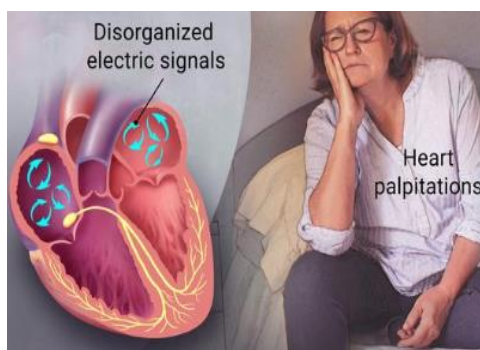
Employee Benefits Department

February 2019

Be Mine for Longer!

Your heart is the center of your cardiovascular system, and it is vitally responsible for just about everything that gives the body life. It transports oxygen and nutrients to your immune system and all the organs.

The foods you eat and the amount of activity you choose can dramatically affect the overall health of your heart and the many other tissues that make up your cardiovascular system. [Click here for more from Mayo Clinic](#)



Atrial fibrillation

Also called: AF, a-fib

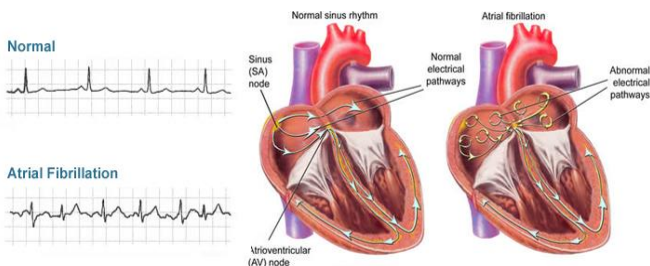
Atrial Fibrillation is an irregular, often rapid heart rate that commonly causes poor blood flow.

There are more than 200,000 US cases per year reported for atrial fibrillation.

This condition can have no symptoms, but when they appear, they include palpitations, shortness of breath, and fatigue.

Consult your doctor if you are experiencing pain in the chest.

People with Afib are at a greater chance of a stroke (about 2 to 7 times the regular population), and Afib is the leading cause of stroke.



Listen to the rhythm of your heart.



According to the American Heart Association, nearly half of Americans technically have heart disease in some form.

This startling statistic has its roots in a newly lowered threshold for what constitutes high blood pressure. High blood pressure, or hypertension, used to be defined as 140/90, but the new guidelines released in 2017 lowered that to 130/80.

According to the American Heart Association, eating well, exercising and not smoking are effective ways to address those conditions. Another factor that has been included is getting enough sleep.