

# HOW DO WE KNOW THE FUTURE OF HEART CARE?

We're writing  
the book on it.

Hackensack Meridian *Health* physicians are setting the standard of cardiovascular care around the world, having authored a best-selling textbook used by physicians internationally. Better yet, they bring this level of groundbreaking care to their patients' bedside, every day. They're pioneering leading-edge procedures like minimally invasive mitral valve repair, which reduces recovery from two months to 10 days. That's good for the heart—all right here in New Jersey.



Hackensack  
Meridian *Health*

To learn more, call 844-HMH-WELL or visit  
[HackensackMeridianHealth.org/Cardiovascular](http://HackensackMeridianHealth.org/Cardiovascular)

**LDL**  
**GOOD** less than 100  
**HIGH** 160+  
A high LDL means more plaque buildup and greater risk of heart attack or stroke.



Hackensack  
Meridian Health

## HEART HEALTH BY THE NUMBERS



**BLOOD PRESSURE (BP)**  
**GOOD** 91 to 119 over 61 to 79  
**HIGH** 120 to 129 over 80 or less  
The more blood pumped and the narrower your arteries, the higher your BP.

**HDL**  
**GOOD** 60+  
**LOW** less than 40  
HDL takes excess cholesterol back to the liver to be removed.



**RESTING HEART RATE**  
**GOOD** 60-100 beats per minute\* Your resting heart rate lowers as your heart becomes stronger from exercising.  
\*10 years or older

# How do hot TRENDS add up for GOOD HEART HEALTH?

### The Keto Diet

## diet

As a diet that breakdowns food portions to 75% fat, 5% carbs and 20% protein, can that much fat lead to heart health issues?

**Dr. Sahni:** "Focus on increasing unsaturated or 'good' fats and avoid large amounts of saturated and trans fats. Nuts, avocados and other vegetables can ignite your diet program and lead to reducing your risk factors for heart disease."

### HIIT or High Intensity Interval Training

Is giving 100% effort for 15 – 30 seconds and then resting for 60 seconds the optimal workout equation?

**Dr. Sahni:** "If HIIT or intense workouts are new to you, ease into it and be sure to get your cardiologist's approval before starting. While being active is important to your heart health, studies show that strenuous daily exercise can make you more than twice as likely to die of a heart attack or stroke if you are diagnosed with heart disease."

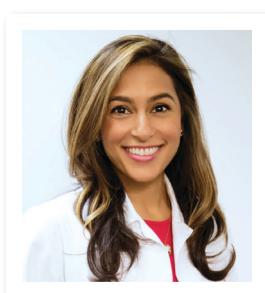
## workout

### Mindful Breathing

Mindful breathing focuses your attention on breathing, the inhale and exhale, for 15 minutes daily. How can something as simple as breathing be good for your heart health?

**Dr. Sahni:** "This simple form of meditation helps reduce stress, a major factor in many emergency cardiac events. Reducing stress and monitoring your breathing can also help lower your resting heart rate and make you aware of when you feel tightness in your chest, which is one of the signs of a potentially deadly 'silent' heart attack."

## breath



**Sheila Sahni, M.D.**  
Board Certified in Cardiovascular Diseases, Interventional Cardiology and Internal Medicine, Hackensack Meridian Health JFK Medical Center



Hackensack  
Meridian Health

### >>TAKE FIVE & STAY ALIVE

Are you at risk for heart disease? Visit **HMHasHeart.com** to complete an online Heart Health Risk Assessment.