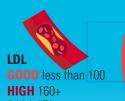
We're writing the book on it.

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.



To learn more, call 844-HMH-WELL or visit HackensackMeridianHealth.org/Cardiovascular



HIGH 160+ A high LDL means more plaque buildup and greater risk of heart attack or stroke.

HDL

GOOD 60+

LOW less than 40

HDL takes excess cholesterol

back to the liver to be removed.



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.



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?

he 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. Mody: "Focus on increasing unsaturated or 'good' fats and avoid large amounts of saturated and trans fats. Nuts, avocadoes 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. Mody: "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. Mody: "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 heartrate 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."





Kanika P. Mody, M.D. Medical Director of Surgical Ventricular Assist Devices (VAD) Program, Hackensack Meridian Health Hackensack University Medical Center



>>TAKE FIVE & STAY ALIVE

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