



LET'S TALK ABOUT

HEART HEALTH

BY VALERY DAVIS, BSN-RN, MBA

WWW.VALDSPEAKS.COM

ABOUT THE AUTHOR



BIOGRAPHY:

Valery 'Val' Davis, a compelling wellness speaker, is passionately committed to guiding individuals through transformative journeys toward empowerment in their pursuit of well-being. Armed with a Bachelor of Science in Nursing, a Master of Business Administration in Healthcare Management, and distinguished as a Master of Science in Family Nurse Practitioner Scholar, she stands at the intersection of healthcare expertise and leadership.

With a solid foundation, Val Davis boasts seven years of experience across diverse realms, including nursing management, post-operative services, geriatric nursing, acute care, public health, and nurse education. Her reputation is anchored in the delivery of meticulous, reliable, ethical, and efficient healthcare information.

Val Davis is not just a professional; she is a respected servant leader known for galvanizing communities to embrace their health and wellness visions and goals.

UNDERSTANDING HEART HEALTH

IN THE INTRICATE SYMPHONY OF OUR BODY, THE HEART PLAYS A VITAL ROLE AS THE CONDUCTOR, ORCHESTRATING THE FLOW OF LIFE. HERE WE WILL DELVE INTO THE FUNDAMENTAL ASPECTS OF HEART HEALTH. AIMING TO PROVIDE A FOUNDATIONAL UNDERSTANDING OF THE CARDIOVASCULAR SYSTEM AND ITS SIGNIFICANCE.

The Cardiovascular System

The cardiovascular system comprises the heart, blood vessels, and blood. The heart, a muscular organ, propels blood throughout the body, delivering oxygen and nutrients while removing waste. Blood vessels, including arteries and veins, form an intricate network, ensuring a continuous circulation.

The Anatomy of the Heart

Located in the left upper chest, the heart is divided into four chambers: two atria (upper chambers) and two ventricles (lower chambers). Valves regulate the flow of blood, preventing back flow and maintaining a unidirectional movement.

Risk Factors for Heart Disease

Understanding the factors that contribute to heart disease is pivotal for preventive measures. These include:

▣ **Poor Diet:** Consuming high levels of saturated and trans fats, cholesterol, and sodium can contribute to heart issues.

▣ **Lack of Physical Activity:** Sedentary lifestyles are associated with an increased risk of heart disease.

▣ **Smoking and Tobacco Use:** Tobacco products contain harmful substances that damage blood vessels and raise the risk of heart problems.

▣ **High Blood Pressure:** Elevated blood pressure strains the heart and can lead to cardiovascular issues.

▣ **Diabetes:** Uncontrolled diabetes can damage blood vessels and increase the risk of heart disease.

(Vaduganathan et al., 2022)

Lifestyle Choices for Heart Health

Promoting heart health involves adopting healthy lifestyle habits:

▮ **Balanced Diet:** Emphasize fruits, vegetables, whole grains, and lean proteins while limiting saturated fats and sodium.

▮ **Regular Exercise:** Aim for at least 150 minutes (30 mins/5 days a week) of moderate-intensity aerobic activity per week, complemented by strength training (Vaduganathan et al., 2022).

▮ **Maintain a Healthy Weight:** Achieving and maintaining a healthy weight reduces the strain on the heart.

▮ **Manage Stress:** Chronic stress can impact heart health, so incorporating stress-reducing practices is essential.

CONCLUSION

THESE TIPS SERVE AS A GATEWAY TO UNDERSTANDING THE INTRICACIES OF HEART HEALTH. AS WE EMBARK ON THIS EXPLORATION, KEEP IN MIND THAT A PROACTIVE APPROACH, EMBRACING A HEART-HEALTHY LIFESTYLE, IS THE CORNERSTONE OF MAINTAINING THIS VITAL ORGAN'S WELL-BEING. AS WE START THIS NEW YEAR, WE WILL DELVE DEEPER INTO SPECIFIC ASPECTS OF HEART HEALTH, PROVIDING INSIGHTS AND PRACTICAL TIPS FOR A RESILIENT CARDIOVASCULAR SYSTEM.

REFERENCE

VADUGANATHAN, M., MENSAH, G. A., TURCO, J. V., FUSTER, V., & ROTH, G. A. (2022). THE GLOBAL BURDEN OF CARDIOVASCULAR DISEASES AND RISK: A COMPASS FOR FUTURE HEALTH. JOURNAL OF THE AMERICAN COLLEGE OF CARDIOLOGY, 80(25). [HTTPS://DOI.ORG/10.1016/J.JACC.2022.11.005](https://doi.org/10.1016/j.jacc.2022.11.005)



ValD Speaks Wellness Inc.
Val Davis BSN-RN,MBA