



# THE WELLNESS WATCH



## Quick Insights: Wellness News in a Glimpse

The Wellness Watch is a monthly feature dedicated to raising awareness about chronic diseases and the impact they have on individuals, families, and communities. Each edition highlights a different condition, offering insight, support, and practical knowledge to encourage healthier lifestyles and stronger awareness.

While Hard Hat Headlines is rooted in the mining community, The Wellness Watch extends beyond the industry to remind us all that health is our most valuable resource.

## Who Is At Risk?

Anyone can develop heart disease, but certain factors raise the likelihood:

- Individuals with high blood pressure, diabetes, or high cholesterol
- Smokers or those exposed to secondhand smoke
- People with a family history of heart disease
- Workers under physical strain or experiencing chronic stress
- Older adults and men over 45 or women over 55



## In Focus: Heart Disease and Management

Heart disease remains the leading cause of death for both men and women in the United States. It includes several conditions that affect the heart's structure and function, such as coronary artery disease, heart failure, and arrhythmias. Over time, factors like high blood pressure, diabetes, and smoking damage the arteries, making it harder for the heart to supply blood efficiently. During the colder months, the heart works harder to maintain body temperature, which can increase stress on the cardiovascular system — especially for those with underlying risk factors.

## Why it Matters?

Heart disease often develops silently, showing few symptoms until a serious event such as a heart attack occurs. This makes awareness, screening, and prevention critical. Lifestyle choices like eating a balanced diet, exercising regularly, quitting tobacco, and managing stress can significantly reduce risk. For people in physically demanding or high-stress industries like mining, long hours, fatigue, and limited access to healthy food options can increase vulnerability. Recognizing the warning signs — chest discomfort, shortness of breath, fatigue, or nausea — and responding quickly can save lives.



It's a New Year! Heart health begins with prevention. Annual checkups, monitoring blood pressure and cholesterol, maintaining a healthy weight, and staying active are simple steps that make a big difference. The heart is the engine that keeps everything running — take care of it, and it will take care of you. Have it checked today!

