



**UMass Memorial Health**

# HEART MONTH CALENDAR

FEBRUARY 2022





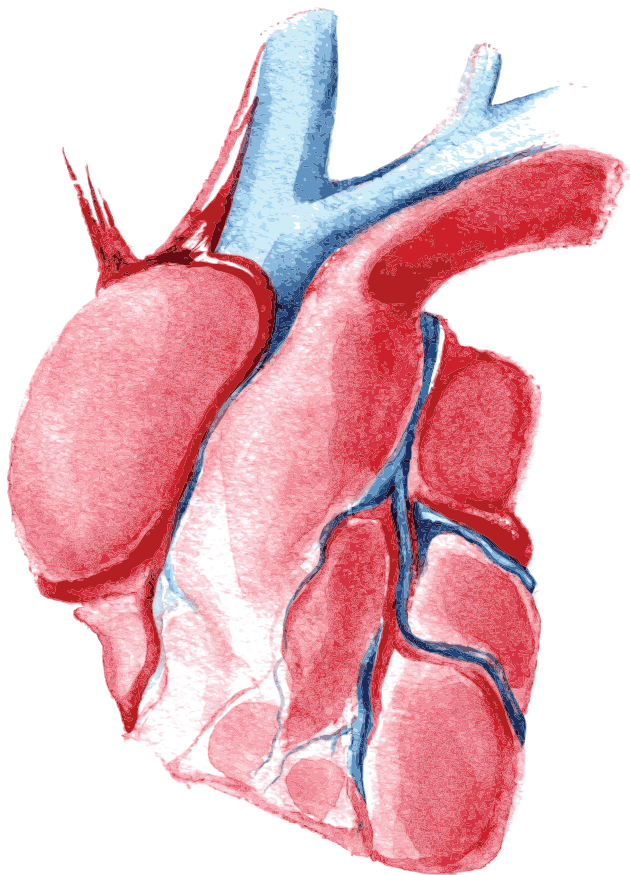
## ARE YOU AT RISK?

Knowing what causes heart disease and how you can prevent it can help you live a longer, healthier life. [Take this quiz](#) to find out more about reducing your risk for heart disease.





## A HEARTY WORKOUT FOR YOUR HEART



Exercise trains your heart to work better under pressure. A fit heart can fill with blood and squeeze it out more efficiently.

[LEARN MORE ABOUT HEART SMART EXERCISE.](#)





## HEART ATTACKS AND WOMEN

Heart attack signs are different for women.  
[Know what they are and when to get help.](#)







## MAKE SNACKING WORK FOR YOU

A common myth about snacking is that it's not good for you, but healthy snacking is possible. It's what you eat and how much you eat that matters. Follow these [guidelines](#).





## HEALTHY WEIGHT = HEALTHY HEART

Your risk for obesity-related diseases increases with a waist measurement of more than 40 inches in men and more than 35 inches in women.

[Find out your BMI today with this calculator.](#)





## MAKE AN APPOINTMENT

Don't wait to tackle heart or vascular disease.

Call 855-UMASSMD or  
[request an appointment online.](#)



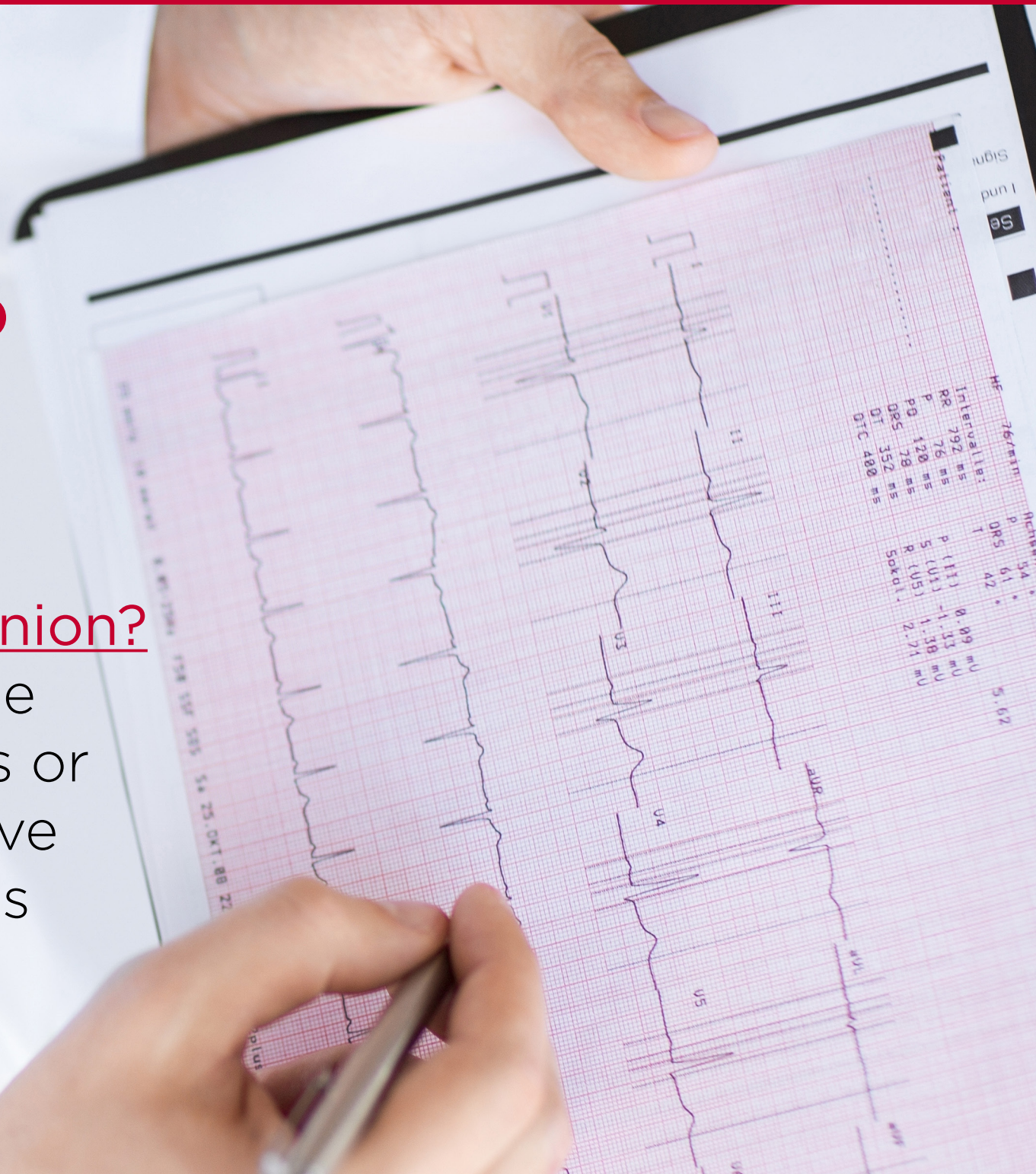




## GET A SECOND OPINION

Why should you get a second opinion?

Let us confirm the original diagnosis or suggest alternative treatment options for you.







## AVOID FATS ... BUT NOT THESE



Omega-3s are a helpful and important form of fat, one that your body needs but can't make.

[Learn how they may prevent heart disease.](#)



## GET A CHECKUP

Doctors don't just treat conditions or diseases; they also offer screenings and preventive care. Knowing your risk can help you make lifestyle changes in areas that need improvement. Call your primary care provider today.







## COMBAT STRESS

Stress can harm your heart and sometimes mimic heart disease. If you think you might be experiencing stress, [learn what you can do to prevent it.](#)





## GO TO SLEEP

If you average less than eight hours of sleep a night, you could be putting your heart at risk. See how much you know about snoozing by [taking this quiz.](#)





## GET YOUR HEART PUMPING

Physical inactivity, high blood pressure and smoking are risk factors for heart disease.

So, be the exception rather than the rule.

Exercise for a healthier heart. [Here's how to start.](#)







## CPR SAVES LIVES

Sudden cardiac arrest is one of the leading causes of adult death in the US. Visit the [Red Cross](#) or [American Heart Association](#) to find a CPR course.





## BE HEART-SMART WHEN DINING OUT

On any menu, some choices will be better for you than others.

[Check out some of the heart smart menu choices listed here.](#)

Keep them in mind the next time you go out to eat.





## MONITOR YOUR BLOOD PRESSURE

Do you know your blood pressure numbers? Knowing if you have high blood pressure can literally save your life.

Take our [Blood Pressure Quiz](#) and have your blood pressure checked.





## BURN CALORIES WITHOUT EXERCISE

Much of the decline in physical activity can be blamed on modern conveniences that are rapidly replacing old-fashioned physical work.

Make an impact in your life today.







## STOP SMOKING

Smoking is a major cause of cardiovascular disease (CVD) and causes one of every four deaths from CVD.

[Get the facts about smoking.](#)





## EVERYTHING IN MODERATION

Read about the latest information on the effects of alcohol on your heart in this article, then take this Alcohol Use Assessment.

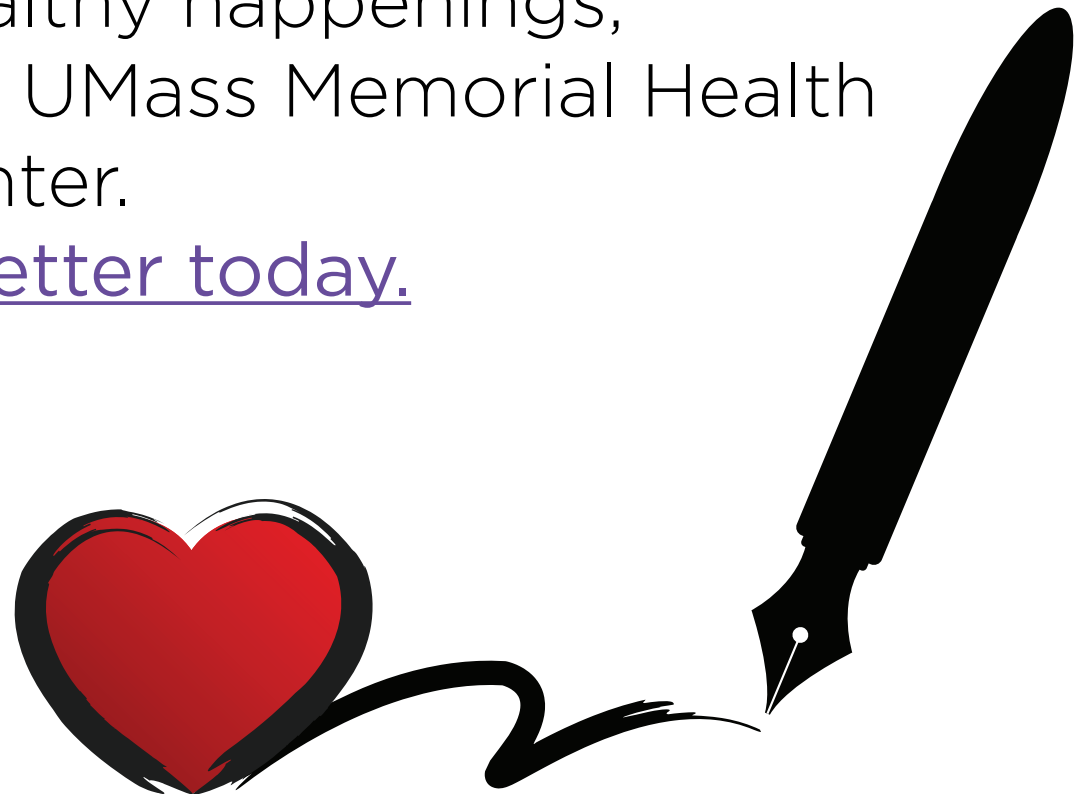




## SUBSCRIBE TO ON THE BEAT

Get the latest heart healthy happenings, news and tips from the UMass Memorial Health Heart and Vascular Center.

[Sign up for our newsletter today.](#)







## KNOW YOU CAN LIVE WITH HEART DISEASE

It's important to know how to take care of yourself after a diagnosis of heart disease. Here are some tips for coping with a chronic condition, such as heart disease.





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## TAKE A FREE HEART HEALTH RISK ASSESSMENT

Protect your heart by understanding your own individual risks for heart disease.





## GET THE FACTS ON FAT

You need to consume some fat to maintain good nutrition, but many Americans eat more fat than they need.

Take this [quiz about fats](#) and see how much you really know about the fats that lurk in your food.



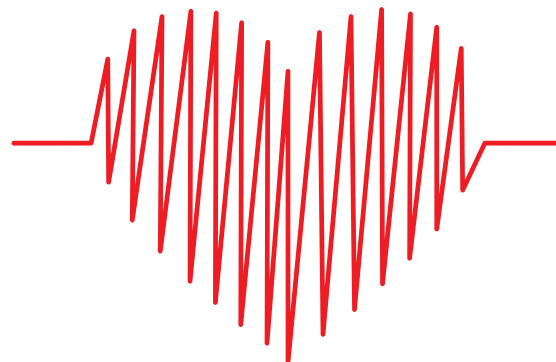




## DETERMINE YOUR TARGET HEART RATE

Your target heart rate is the range at which sustained physical activity – running, cycling, swimming laps, or any other aerobic exercise – is considered safe and effective.

[Use our calculator to determine your target heart rate.](#)



## IT'S NEVER TOO LATE FOR EXERCISE

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Exercise is a lot more than an energy booster and a stress reliever. It also strengthens your heart muscle, lowers your blood pressure and cholesterol, and burns calories.

[Get started today!](#)





## YOUR HEART AND DIABETES

Reduce health (and heart) complications  
from diabetes.

[Minimize your risks.](#)







## GET YOUR KIDS MOVING NOW.

You may think of heart disease as a problem for adults, not your young children.

But diet and exercise habits started in childhood can begin a lifetime of heart health . . . or a lifetime of heart damage.







UMass Memorial Health  
- leaders in heart and  
vascular care throughout  
Central Massachusetts.

[Visit our website.](#)

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## MAKE THOSE HEALTHY CHANGES LAST

Think you need more than 28 days to make a difference in your health? Follow this [Twelve Week Guide to a Heart-Healthy Lifestyle](#) and be on the road to better health and a longer life.