



Peninsula Chinese Business Association

美國華聯商會

Leading because we care

June 1, 2022

Dear Members and Friends,

A healthy heart is central to overall good health. Embracing a healthy lifestyle can prevent heart disease and lower your heart attack or stroke risk. You are never too old or young to begin caring for your heart.

I constantly read medical reports to enrich my knowledge, and I want to share some exciting discoveries from my learnings. Keep in mind that I am not a medical specialist. I am sharing them for your reference. Please consult with a physician for your condition.

There are seven common warning signs of silent heart attacks: weakness, nausea or vomiting, dizziness, shortness of breath, unusual fatigue, indigestion, and unexpected pain in the back jaw or elsewhere. Three heart attack symptoms may be noticed a month before the attack, including unusual fatigue, sleep disturbance, and shortness of breath.

Conditions you may be aware of:

What if the heart flutters, flip-flops, or skips a beat? If these palpitations occur only occasionally and you are healthy, no immediate attention is needed. But if they happen frequently or are accompanied by other symptoms such as dizziness or breathlessness, seek medical attention right away.

For senior males, can sex bring on a heart attack? Heart attacks rarely occur during sexual activity. That's because the exertion is relatively short and only mild to moderate intensity.

Is there such a thing as a broken heart? Yes, Broken-heart syndrome is a real disorder. It's caused by extreme physical or emotional stress and is more common in women. It leads to actual structural changes in the heart, with symptoms like a heart attack. Fortunately, this heart weakening condition is usually temporary. Most patients recover in a short period.

Why should you ask your doctor to check blood pressure in both arms? A difference of 10 points or more between arms could mean artery-clogging plaque in the vessel supplying blood to the component with lower blood pressure. A significant difference between sides could suggest peripheral artery disease, which increases the risk of stroke and heart attack.

Can control blood pressure help memory? Studies have shown that adequate blood pressure control might be beneficial for preserving brain function.

Potential drug and supplement concerns:

Are you taking medications for arthritis? Research reveals a significantly increased risk of heart disease in people who take nonsteroidal anti-inflammatory drugs for pain, such as ibuprofen and naproxen.

Are you taking calcium supplements? New research findings on heart risks from these supplements suggest that you can save money and instead get nutrients directly from food.

Are you using thinner drugs? These medications don't "thin" the blood but help prevent dangerous clots. While they can be lifesavers, you must be alert to worrisome signs of bleeding resulting from these drugs. Another effect of blood thinners such as Aspirin is that it weakens the stomach's protective lining against stomach acid, making the stomach and intestines more vulnerable to ulcers.

When is the best time to take blood pressure drugs? Taking blood pressure drugs at night can decrease the risk of heart attack and stroke but discuss with your doctor to make sure.

Are you using hormone therapy? There is one type of estrogen for women that is least likely to trigger dangerous blood clots. It is also safest to take estrogen via a transdermal delivered through a small patch placed on the skin.

Are you worried about a repeat heart attack? The common gout drug colchicine may help prevent another heart attack. Stay tuned for more studies.

Is taking a multivitamin or B vitamin supplement containing biotin (B7) safe? Taking more than the recommended dietary allowance of biotin might interfere with blood tests used to diagnose heart attacks.

Save money and limit worries about heart health.

- ***Are the expensive tests any better?*** Diagnostic tests such as MRI or PET scans are frequently requested, even though their results are not likely to change the diagnosis or treatment. It's in your best interest to ask if they're needed!

- **Remember the free or inexpensive flu shot:** Seniors hospitalized by the flu complication of pneumonia face four times their usual heart attack or stroke risk.
- **Reduce drug costs:** You can decrease the money spent on medications by more than two-thirds per year by exercising, not smoking, and managing other risk factors, as per the American Heart Association.

Sources: Harvard Medical School

Yoga may help lower your blood pressure, primarily if you practice often. A 2019 review and analysis of data published in Mayo Clinic Proceedings found that overweight, middle-aged adults with high blood pressure who practiced yoga for an hour about five times a week for 13 weeks had significant reductions in their blood pressure. The improvements were even more effective when the yoga practice included breathing techniques and meditation.

Again, the information is just for reference. Please seek professional opinions.

Stay healthy,

Johnny DaRosa

Johnny DaRosa

President

johnnydarosa@post.harvard.edu