



**FOR IMMEDIATE RELEASE**

**Feb. 20, 2020**

**Contact:** Cynthia Townsend

[cynthia.townsend@globalhealth.com](mailto:cynthia.townsend@globalhealth.com)

(Office) 918.878.7335

## **Keep your heart healthy this American Heart Month with tips from Oklahoma HMO**

*1 in 4 American deaths each year attributed to heart disease*

**OKLAHOMA** – According to the American College of Cardiology, heart disease is the most frequent condition in those 65 and older, and the No. 1 cause of death. Additionally, seniors are more likely to suffer from a heart attack or stroke due to the stiffening of heart and blood vessels and decrease in function and mobility. February is American Heart Month and GlobalHealth, an Oklahoma-based health insurance provider, is sharing information to educate Oklahoma seniors on available preventive measures to ensure both physical and emotional heart health.

“Your heart is crucial in keeping your body functioning every day, so it is never too late to make your heart health a priority,” said Dr. Wesley Williams, medical director at GlobalHealth. “Our hearts work hard for us, and taking a few steps to make it stronger can help contribute to you living a longer and more active life.”

GlobalHealth is providing information to help Oklahoma seniors take care of their hearts.

**What is heart disease?** Heart disease is a term used to refer to different types of heart conditions. According to the Centers for Disease Control and Prevention (CDC), the most common type of heart disease is coronary artery disease (CAD), which affects the blood flow to the heart. CAD is present in about 20% of those 65 and older, and in about 30% of those over the age of 70. While people can be born with a heart disease, it more commonly occurs when the valves in the heart are not working properly or the heart is not pumping well.

**Signs and symptoms.** What may feel like heartburn after a meal or an occasional chest pain throughout the week could be the sign of something greater. Many people are unaware they are suffering from heart disease until they experience a heart attack, heart failure or an arrhythmia. Fatigue, aches or pains, heart palpitations, shortness of breath and swollen feet are just some of the signs of heart disease.

**Physical heart health.** The heart is delicate but strong and, like any other organ, keeping it healthy is vital. Exercising 30 minutes a day, five days a week can help in maintaining blood sugar, cholesterol and blood pressure levels. Additionally, staying at a healthy weight can help decrease added stress placed on your heart and blood vessels.

**Emotional heart health.** Keeping the heart emotionally healthy is also important as you age. Minimizing stress can decrease your chances of developing a heart disease, so it's important to make a point to try to laugh more and do the things you enjoy. This, in turn, could help make your heart feel lighter and healthier.

**Preventive heart measures.** There are several things you can do to prevent heart disease. Make sure to schedule an appointment with your primary care physician every year for routine visits. Watch what you eat and ensure your diet is low in both sodium and fat, and eat plenty of fruits and vegetables. This will help to keep your cholesterol and blood pressure at a normal level. It is also important to avoid smoking, as according to the CDC, smoking is the leading cause of preventable death, and can be detrimental to your health and your heart.

### **About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting-edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees, and individuals who are eligible for Medicare. To learn more, visit [www.GlobalHealth.com](http://www.GlobalHealth.com).

###