

Tips to Take Charge of Your Heart Health from a Cardiologist



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Know your health history.

Keeping your blood pressure, blood sugar, cholesterol and triglycerides in check is crucial for optimal heart health.

Learning the risks of your hereditary health can help you understand where these levels need to be and take the necessary steps to maintain those levels.



Brush better, feel better.

Patients with periodontal disease often have similar risk factors for heart disease, and research from the Cleveland Clinic suggests bacteria found in the mouth can move to the bloodstream, increasing C-reactive protein levels - a marker for inflammation in blood vessels¹.

By brushing your teeth with a power toothbrush like [Philips Sonicare 4100](#), you can remove up to 7X more plaque than a manual toothbrush², minimizing the risk of oral bacteria passing on to the bloodstream.



Get up and get moving.

Sitting for long periods of time can shorten your lifespan, according to research from the American Heart Association³.

If your job requires long hours at a desk, make sure to set hourly reminders to get up, walk around and stretch. Incorporate exercise spurts throughout your day - go for a walk at lunch, take the stairs, or use a standing desk to minimize sitting time throughout the day.



Take a moment to breathe.

Stress can increase inflammation in your body, which is directly related to high blood pressure and low levels of good HDL cholesterol, per research from John's Hopkins⁴.

Set time aside for several meditation moments throughout the day, allowing for 1-3 minutes of deep breathing to help lower your heart rate during stressful moments at work or home.



Heart Healthy Diet.

Given the link between a poor diet and the development of cardiovascular risk factors including diabetes, high cholesterol, obesity, and high blood pressure, it's imperative to maintain a heart healthy diet.

This includes choosing foods that are rich in whole grain, low-fat protein and a lot of fruits and vegetables. By being conscious of the foods you eat, it will help facilitate a healthy lifestyle.

¹Cleveland Clinic, Oral Health & Risk for CV Disease, July 2019 ([my.clevelandclinic.org](#))

²vs manual toothbrush for healthier teeth and gums

³NCBI Sedentary Behavior and Cardiovascular Morbidity and Mortality: A Science Advisory From the American Heart Association, August 2015 ([ncbi.nlm.nih.gov](#))

⁴John's Hopkins, Risk Factors for Heart Disease: Don't Underestimate Stress, ([hopkinsmedicine.org](#))