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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

8 Questions You Should Ask Your Doctor About Your Heart

By Ng Peng Hock

Heart is the most important organ of a human's body. When heart stops, everything will come to the end. Some people call the heart "the powerhouse" of the body – the engine that drives blood to all the organs in your body. When the arteries become narrower or blocked due to various reasons – ageing, poor diet, unhealthy lifestyle, coronary heart disease occurs.

The following 8 questions are commonly posed by people to cardiologists on how to maintain a healthy heart. Typical answers to these questions were taken from one of the many cardiologists and are compiled below for your reference:

1. How can I know whether I have a healthy heart?

Apart from conditions such as hole in the heart, heart muscle disease, and heart rhythm abnormality, coronary heart disease will take years to develop and may be silent for a long time before its conditions surface. In the early phase, there are practically no symptoms or signs. But if you experience chest pain and/or breathlessness with exertion or at rest, perhaps it is time for you to seek help from doctors for tests to confirm the presence of coronary heart disease.

2. What should I do to ensure that my heart is healthy?

High cholesterol, high blood pressure, and smoking are the three important causes of damage to artery wall. You should make sure you are away from the three risk factors. Meanwhile, you should be more proactive and see your doctor and do blood tests, electrocardiogram and treadmill stress tests on a regular interval.

3. Are there any particular types of food I should eat?

Take steamed, grilled or boiled fish and lean meat, and plenty of fruits and vegetables. Try to avoid trans fats that are found in pies, cookies and fries.

4. Do I need supplements?

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Recent studies showed that high dose of vitamins B6, B12, and folic acid could not reduce the risk of heart attacks or heart related deaths.

5. What are the risks for heart disease?

Besides high cholesterol, high blood pressure, and smoking, diabetes, obesity, and physical inactivity are important risks, too.

6. If I am already predisposed to heart diseases, do I need to watch my cholesterol?

Certainly, especially LDL, or what is known as the bad cholesterol, must be lowered to below 100, and for some people, to as low as 70.

7. When does my heart start going downhill?

Plaque build-up starts from childhood, and it is important that fried foods, candies, fries, and soft (sweetened) drinks are discouraged among children.

8. How do I avoid triggers for sudden heart failure?

You should not stop your statin, blood pressure, or diabetic medicines if you are already on them. Sudden, strenuous, and unaccustomed exertion should be avoided.

Remember, well taking care of your heart is important and it is your duty. Having all the advices from the doctors and professionals is not good enough unless you do it immediately.

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Heart Disease Prevention – 8 Simple Ways You Can Do Immediately, Goto:

<http://www.howtopreventheartdisease.com>

Approved Ways To Prevent Heart Disease

By MoneyMadam

Today's modern medicine has made great strides in determining the causes of heart diseases, as well as ways to treat and prevent it. Just fifty years ago, most people didn't go to the doctor unless they were sick, and the medical profession itself didn't really warn its patients about heart disease, unless the person showed serious signs of it or had a close family member with the disease. Now, thankfully, a much more pro-active approach is taken by both the patient and the doctor in preventing heart disease, as well as treating it.

An Ounce of Prevention

Perhaps one of the best ways to prevent heart disease is to change the patient's outlook on diet and exercise. It has been shown, time and time again, by such medical groups as the American Medical Association and the American Heart Association that a diet low in fat and low in calories is a great way to lower a person's cholesterol, which is a major risk factor when it comes to heart disease. Add to that a regular doctor approved exercise routine and regular monitoring by the family doctor, and you will be an active participant in the battle to prevent heart disease.

One thing to always remember, of course, is that you and your doctor should be a team in the challenge to prevent heart disease. Routine monitoring of such things as your blood pressure, cholesterol level, general weight and health, as well as indications of other diseases that might complicate the situation are all very important things that both you and your chosen medical professional should be on the look out for. So, even if you're not overly concerned about preventing heart disease, see your doctor on a regular basis and talk with them. Depending on what is uncovered, you can possibly get a head start on your race to prevent heart disease.

When Exercise and Diet Aren't Enough

While good diet and regular exercise are great ways to help prevent heart disease, sometimes they simply aren't enough. Occasionally, your doctor will prescribe different medicines, to help with the battle. The most common ones are those that either help regulate and lower high blood pressure or help the body process and lower the concentrations of cholesterol. Whether or not prescription drugs are needed for your situation should be decided after a serious consultation with your doctor and some monitoring of your health and lifestyle. There are many drugs out there to help prevent heart disease, and your doctor can discuss all the options available.

Trying to prevent heart disease is definitely something that should be on the forefront of everyone's mind. It is one of the leading killers of both men and women in the United States today. By working with your doctor, and following a sensible low fat diet and exercise plan, your efforts to prevent heart disease will not be in vain.

More health related information may be found in

<http://heart-concern.blogspot.com>



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