

Managing heart disease

while Sheltering in Place

Older adults and people with heart disease or other chronic conditions are at a higher risk for more serious coronavirus illness. For heart disease patients, it is especially important to take actions to reduce your risk by staying away from the general public.

You can manage high blood pressure and cholesterol during the stay at home order by using these tips:

- **Stock up.** Try to get refills for 90 days of medications and medical supplies in case you need to stay home for long periods of time.
- **Stay active.** Create an at-home circuit workout. Select 3 or 4 exercises you can do at home such as jumping jacks, jogging in place, and body squats. Do each move for 30 seconds to 1 minute before switching to the next move. Repeat the cycle for about 5 rounds.
- **Fight stress.** Times like these can be very stressful, which can affect your blood pressure. Take at least 10 to 15 minutes each day to meditate, practice deep breathing, stretch, catch up on sleep and call friends and family to stay connected.
- **Check your blood pressure.** Be sure to check your blood pressure daily at home.
 - Check your blood pressure before exercising. If your blood pressure is high or if you are feeling dizzy or lightheaded, do not exercise.
 - If you are feeling chest pain or chest discomfort, do not exercise and call your doctor right away.

6 STEPS TO PREVENT ILLNESS



Wash hands for at least 20 seconds



Avoid close contact



Stay home if you're sick



Cover coughs and sneezes



Wear a face mask if you are sick



Clean and disinfect

Find more information at [CDC.gov](https://www.cdc.gov)

Eat shelf-stable foods that promote a healthy heart.

- Use shelf-stable herbs and spices to cook heart-healthy meals. Canned, frozen, dried fruits and vegetables, frozen meat and dried grains are great shelf-stable options to have on hand for recipes.

AHA recommends you eat:

- Foods that are low in animal fat (less than 7% total fat)
- Foods that are low or no sodium (less than 150 mg per serving)
- Less than 2,000 mg of sodium per day, and for individuals with heart disease, less than 1,500 mg per day
- Less than 300 mg of cholesterol per day

Fruits and Vegetables

- 2-3 servings per day: Canned (without syrup, no/low sodium) or frozen berries, melons, bananas
- At least 2-3 cups per day: Greens, green beans, broccoli

Grains/Carbohydrates

- Whole wheat bread
- Brown rice
- Whole grain cereal
- Legumes (dried beans or peas)
- At least half of your daily carbohydrates should be whole grains

Dairy Products

- Plant-based dairy alternatives like almond or soy
- Fat-free milk
- Low-fat dairy

Protein

- Canned (packed in water) or frozen
- Fish, such as salmon, albacore tuna or sardines (non-fried)
- Chicken and turkey without skin and lean meats
- Legumes (beans) are also a great source of plant-based protein

Healthy Fats

- Unsalted nuts
- Nut butters
- Avocados
- Olive or safflower oils

Foods to limit to promote a healthy heart

- Foods with a lot of sodium (salt) such as processed and packaged foods
- Sweets and sugar-sweetened beverages
- Red meats and fatty meats that aren't trimmed
- Full-fat dairy products such as whole milk, cream, ice cream, butter, and high-fat cheese
- Baked goods made with saturated and trans fats like donuts, cakes, cookies, etc.
- Foods that list the words "hydrogenated oils" in the ingredients
- Saturated oils like coconut, palm and kernel
- Solid fats like butter, stick margarine and lard
- Fried foods

Blood pressure category	Systolic mm HG (upper number)		Diastolic mm HG (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High blood pressure (Hypertension) Stage 1	130-139	or	80-89
High blood pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive crisis (consult your doctor immediately)	Higher than 180	and /or	Higher than 120

For more information, please contact us at MemberHealthEd@RegalMed.com.

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.