

Five Common Heart Myths and What You Need to Know

By Millie Bruce

For both men and women of any age, cardiovascular disease may possibly be the primary killer. It kills lots more people than ALL types of cancer tumors put together. If you're black or over 65, your chance of a heart attack is higher, but it's an equal opportunity destroyer. Any individual, anywhere, anytime can have a cardiac arrest [1].

Myth #1: Solely mature persons need to be concerned about their heart

What could cause a heart attack builds-up as time passes. Being a couch-potato, boredom, eating and not exercising are very bad habits that can begin in childhood years. More doctors are starting to find out patients having strokes in their 20's and 30's in place of victims mostly in their 50's and 60's.

Being healthy and at the appropriate bodyweight doesn't make you protected from heart attacks. However, both working out regularly and having a good body weight helps. You still must look at your blood cholesterol and blood pressure level. A good blood cholesterol (or lipid profile) quantity is lower than two hundred. The best blood pressure is 120/80.

Myth #2: I'd feel sick if I had high blood pressure levels or high cholesterol.

They consider these "silent killers" mainly because they exhibit NO signs or symptoms. One-third of all older individuals have high blood pressure levels. Of those, one-third do not know they already have it.

High-cholesterol is a way of measuring the fats carried through your bloodstream. Fats could be dropped anywhere in your physique, but tend to congregate around organs, as well as your heart. This propensity might run in families. So, even if you're at a good body weight and don't smoke cigarettes, have your cholesterol and blood pressure checked often. One time is not sufficient [2].

Myth #3: Both women and men DON'T ever have the same signs.

Women and men CAN have the same warning signs, but they typically will not. Females usually tend to get the subtler symptoms while men often experience the type of cardiac arrest you watch in the films. But, either gender CAN have any signals.

These subtler indicators and symptoms, which include jaw achiness, nausea, difficulty breathing and excessive physical weakness, are more likely to get explained away. "My jaw hurt since my lunch sandwich was on whole-grain bread and I had to chew very hard," or, while clutching their stomach, "I probably should not have had that additional piece of pizza."

"Half of females don't have chest pain after all," declares Kathy Magliato, a heart physician at California's St. John's Health Center. Put all the little signs or symptoms together and pay attention to your entire body.

Not surprisingly, women and men might experience the "grab-your-chest-and-fall-down-gasping" kind of cardiac arrest, however you realize, this is not the only way.

Myth #4: Given that my blood glucose level is in check, Diabetes will never be a heart threat.

While keeping your sugar level in a regular range (80mg-120mg) helps keep you healthier, just having the excess blood sugar in your body takes its toll on arterial blood vessels. Exercising and eating healthy to help control your type 2 diabetes helps, but don't forget to measure your blood pressure and cholesterol, too.

Myth #5: My medical professional would order exams if I were at risk for cardiovascular disease.

Sometimes, all of us ignore to tell the physician the little pains we're feeling. The medical doctors, not knowing some of the things we think as unimportant, might pass over heart tests.

“Mammograms and Colonoscopies are regularly prescribed,” says Merdod Ghafouri, a cardiologist at Inova Fairfax Hospital in the state of Virginia, [3] “and are required, but heart scans are not often done.” A cardiac scan can detect plaque build-up inside the arterial blood vessels before you even find out you've got the problem.”

Do you have the motor oil pressure and transmission liquid examined in your car / truck? Have other preventive repair done? Doesn't your only heart need as much interest as your car?

Links to Extra Resources About Heart Disease:

- [1] The Lansing State Journal is a local internet news paper that discusses Michigan information as well as days news and articles from around the globe including [Heart Myths](#).
- [2] [Cholesterol Lowering Diets](#) is a non-profits web page that provides free facts for persons who plan to eat healthier and control their bad cholesterol amounts through diet. They offer a fine guideline to facilitate persons to eat healthy and lower cholesterol naturally.
- [3] [Life Extension](#) is a worldwide authority on diet, health and wellness and also a supplier of scientific information about heart disease therapies. They cover an additional element of heart health by correlating [Gingivitis and Cardiovascular Disease](#).

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