



WORD SEARCH

# Heart Healthy

Every year, Americans suffer more than 1.5 million heart attacks and strokes. One in three American adults has high blood pressure, and only about half of them have it under control. But following the ABCS can help reduce your risk and improve your heart health

- A** - Take aspirin as directed by your healthcare professional
- B** - Control your blood pressure
- C** - Manage your cholesterol
- S** - Don't smoke

Making other small changes every day, such as eating a healthy diet (low in trans fat and sodium), moving more, and losing weight, can also add up to big improvements in your overall health. Work with your healthcare professional to create a plan that is right for you.

Visit [www.heart.org/](http://www.heart.org/) or <https://millionhearts.hhs.gov/> for more information.

H Q P G N L Q W R B C L K G Q  
 N O O D F V J R E N W K T L B  
 U D T I W O M K H G T B I N A  
 T O A A E P C U A C J L Q U N  
 R Q S S I R A H B H U O E H T  
 I U S T G E R K I O Z O O N I  
 T I I O H V D E L L C D S Z C  
 I T U L T E I X I E W P Y X O  
 O S M I A N O E T S B R S E A  
 N M H C X T L R A T C E T Y G  
 O O C A H I O C T E J S O U U  
 V K Q E L O G I I R F S L T L  
 W I Z P T N I S O O G U I L A  
 G N T M S R S E N L E R C L N  
 X G M S I W T B D O B E V Q T

**Anticoagulant**

**Blood Pressure**

**Cardiologist**

**Cholesterol**

**Diastolic**

**Nutrition**

**Potassium**

**Prevention**

**Rehabilitation**

**Quit Smoking**

**Systolic**

**Weight**

## Solution & Key Words

**Anticoagulant** – Medicine that delays the clotting of blood and is sometimes known as “blood thinners”.

**Blood pressure** – The force of blood pushing against the inner walls of blood vessels.

**Cardiologist** – Doctors who specialize in the treatment of the cardiovascular system, which includes the heart and blood vessels.

**Cardiac Rehabilitation** – A medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery.

**Cholesterol** – A waxy substance that your body needs to build cells and make vitamins and other hormones. But too much cholesterol can pose a problem.

**Diastolic** – Indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats (the second or bottom number).

**Nutrition** – A healthy diet (rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins) is essential to preventing and managing cardiovascular disease.

**Potassium** – Foods that are rich in potassium are important in managing high blood pressure.

**Prevention** – You can prevent heart disease by following a heart-healthy lifestyle. This includes living tobacco free, daily physical activity, eating a heart healthy diet, a healthy weight, quality sleep, managing stress, and attending regular checkup and health screenings.

**Quit Smoking** – Smoking increases the risk of heart disease and stroke by two to four times. When you stop smoking, your risk for heart disease and stroke can be cut in half just one year later and continues to decline until it’s as low as a nonsmoker’s risk.

**Systolic** – Indicates how much pressure your blood is exerting against your artery walls when the heart beats (the first or top number).

**Weight** – Maintaining a healthy weight is important for your health and can reduce your risk of heart disease and stroke.

