

Heartfelt Precautions



Diagnosing & treating heart disease

If you are already suffering from cardiovascular disease or want to prevent it, you have flipped to the right page. As a woman, understanding your heart's condition should not be the last thing on your to-do list.

Here are several techniques to help, from precautions to treatment.

Precautions to take

♥ HEALTHY LIFESTYLE CHANGES

- Speak to experts about following a healthy diet and a regular exercise routine that is suitable for you.



♥ CORRECT MEDICATION -

- Depending on the state of your heart, your doctor may prescribe a mix of medications.



♥ WATCH YOUR NUMBERS

- Women with PCOS are more susceptible to heart diseases as most of them are likely to be overweight, have high insulin-resistant diabetes or high blood pressure.



♥ QUIT SMOKING

- According to the American Heart Association, a smoker's



risk for heart disease and stroke can be cut in half just one year after quitting. The journey to becoming tobacco-free requires both physical and mental strength.

Albeit a tough one, it's a climb worth the view. Try out these ideas to help you stay committed to quitting:

- ♥ Change your habits. Use substitutes like sugarless gum or hard candy, raw vegetables

like carrot sticks and juices or water instead of alcohol or coffee.

- ♥ Get your tobacco-using friends for support. Tell them to NOT share their cigarettes or tobacco with you - no matter what!
- ♥ Talk to the experts. You don't have to tread withdrawal alone, seek help from professionals who are always ready to help.

Getting diagnosed

Generally, women under the age of 40 should be screened for indications of heart disease every 3 to 5 years. By the age of 40, all women should have routine screenings, even if they do not have typical risk factors. Among the tests that could be conducted are:

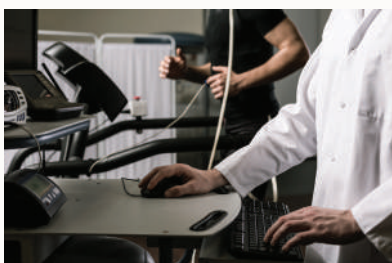
♥ **BLOOD PRESSURE & CHOLESTEROL.** Uncontrolled blood pressure and cholesterol are two of the most prevalent cardiovascular issues facing both women and men.



♥ **ELECTROCARDIOGRAM (ECG).** Electrodes are attached to the chest and limbs to check the heart's rhythm and electrical activity.



♥ **STRESS TEST.** An ECG is performed while the heart is under stress and shows how the heart works during physical activity.



♥ **ANKLE BRACHIAL INDEX (ABI).** Peripheral artery disease (PAD) is a perilous disorder that typically begins in the lower legs and significantly increases a patient's risk of heart disease, heart attack, and stroke. Blood pressure at the ankles is taken to gauge the blood flow in the legs.



♥ **CAROTID ULTRASOUND.** An ultrasound procedure that functions to observe blood flow in the carotid arteries located in the neck.



Treat your heart right

Treatment choices for a woman with heart disease can vary depending on the diagnosis. Here are some common approaches:

1. INTERVENTION

- ♥ Percutaneous Coronary Intervention
- ♥ Peripheral Artery Disease
- ♥ Structural Heart Disease
- ♥ Electrophysiology

2. SURGERY

- ♥ **Coronary artery bypass graft (CABG)** - A blood vessel from another part of the body is grafted and used to divert blood around narrowed or clogged parts of an artery.

♥ **Heart valve surgery** - There are broadly two types of valve surgery, valve replacement and valve repair.



3. DEVICES

♥ **Pacemaker** - It is implanted beneath the skin to continuously monitor heart rates and deliver low-energy electrical pulses to keep the heart beating regularly at the right speed.

♥ **Implantable cardioverter defibrillators (ICDs)** - Similar to a pacemaker, ICDs are slightly larger and can send energy shocks that reset an abnormal heartbeat back to normal when required.



♥ **Cardiac resynchronisation and defibrillation (CRT-Ds)** - CRT-Ds differ from ICDs in that they assist the heart's lower chambers to work in tandem.

From taking the right precautions to getting an accurate diagnosis, your heart health is a lifelong commitment that is undeniably worth the effort. ♥