

# February 2018 Newsletter

## Galloway Therapy



### Heart Health Month

Most of us may agree on the importance of keeping our heart healthy; but maybe we don't realize how vital this is or even if we do, we don't know where to start. As February is Heart Health Month, let us dive in and learn a little bit about the most important muscle in our body!

First of all, heart failure is a real problem. It's not something we can afford to ignore. Almost SIX MILLION AMERICANS currently live with this disease. It is one of the most common, expensive, and lethal diseases in the US. In fact, one in 5 Americans will develop HF (heart failure), 1 in 9 deaths is at least partially due to HF, and HF costs the US \$30 billion or more.

Now that we understand a little more about the personal implications, let's get down to what heart failure really is. Heart failure is heart muscle weakness, which means it can't pump blood out fast enough to meet the body's needs for oxygen and other nutrients.

So what are some warning signs to look out for? Shortness of breath, chronic coughing or wheezing, build-up of fluid (edema or swelling), fatigue, lightheadedness, nausea, lack of appetite, confusion, impaired thinking, and high heart rate are all signs that you might have heart failure. In the event that you do experience these symptoms, please alert your doctor immediately.

But what are some steps we can take to keep our hearts healthy and prevent HF?

- 1) Exercise for 30 minutes most days of the week.
- 2) Eat healthy. (Eat lots of fruits, vegetables, and whole grains; avoid too much salt, sugar and saturated and trans fat-filled foods.)
- 3) Maintain a healthy weight.
- 4) Get good sleep.
- 5) Manage stress.
- 6) Get screened regularly (blood pressure, cholesterol, diabetes)
- 7) Quit smoking/tobacco and avoid second-hand smoke

Now that we are more aware of the risk of Heart Failure and a couple of ways to prevent it, let's incorporate this into our daily living for a healthier heart and happier life! Visit [www.heart.org/heartfailure](http://www.heart.org/heartfailure) to learn even more...

**Happy Valentine's!**  
Your Galloway Therapy team wishes you a happy and healthy month for your heart, both figuratively and literally! We hope you can celebrate love and friendship all the while keeping the most important muscle, your heart, in good health!

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