

## Women's Heart Health - The Four Numbers You Need to Know

You may be aware that the number one health risk for Women is Heart problems. I'm not big on scare tactics or distressing "facts". However, learning information allows us to make better choices. Heart disease is the number one killer of women and more women than men died last year from heart disease. This is a rather personal story, but I'm certain many of you have similar experiences. My own father had 3 heart attacks in 13 years and died from the third one. My dad didn't let heart problems stand in his way from hiking, being active and enjoying his life. He didn't talk about the effects often, but he had chronic chest pain. Even though I was thirty when he passed, I still felt far too young to be in this world without my father. It's important that we learn self care in this area of our health so that we live a long, healthy and heartfelt life.

### THE FOUR NUMBERS YOU NEED TO KNOW FOR HEART HEALTH!

1. Watch Your Waistline  
Women's waistlines need to be 35" or smaller. Dr. Oz states that we need to take the measurement at our belly button and around. You can compute your healthy waistline by taking your height in inches & dividing by two. Your waistline needs to be that number or smaller.
2. Improve Your HDL or H(healthy)DL Cholesterol  
Raise your HDL to 50 or above. This good portion of your cholesterol helps with heart health.
3. Improve Your Blood Pressure  
Your blood pressure is best when kept at 115/75. Take 10,000 Steps  
Get a pedometer and make certain you take 10,000 steps daily. This rule helps you keep your heart healthy!

Some Additional Thoughts on Our Hearts  
Research has demonstrated that our thoughts and lifestyle impact our heart as well. Thoughts of fear & worry constrict our blood vessels. Watching disasters, murders and "mayhem" on television lowers our immune response for up to 48 hours. Staying in a state of extreme stress effects our entire system. Social isolation lowers immune response and the healing rate of your body! So, keep in mind simple choices. When you are filled with worry or stress: take time to walk, do breathing exercises; yoga; repeat an affirmation or confide in a friend. Turn off the television or make more elegant choices in your viewing habits. Send love to yourself and know that your heart is healthy strong and full of love. We care for others. Let's care for ourselves & take care of our heart!

## About the Author

Expat Health Insurance Advice, Quotes and Comparisons from Global Health Insurance Broker. Expat Medical Insurance Expat Medical.

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