5 Ways to Prevent Heart Disease and Stroke

By American Heart Association News

Nutrition

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

Exercise

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.

Tobacco

At each health care visit, providers should ask whether patients have smoked any tobacco product in the previous month – and if so, help them create a plan to quit.

Social Determinants

Doctors should look at health from a patient’s perspective, taking into account elements such as housing, food security, transportation, self-image and culture.

Aspirin

Because of the risks of bleeding, doctors shouldn’t prescribe aspirin for prevention, except in carefully selected patients.

Source: American Heart Association/American College of Cardiology prevention guidelines

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