



# CARDIOVASCULAR HEALTH

Cardiovascular conditions are a group of problems that affect the heart and blood vessels. They represent one of the leading causes of death in Puerto Rico and the United States.

- **Coronary artery disease:** Occurs when plaque builds up in arteries blocking the passage of blood and oxygen to the heart.
- **Arrhythmia:** Occurs when the electrical signals that coordinate the heart's beats don't work properly, causing a very fast or slow heartbeat.
- **Congenital heart defects:** Heart problems present since birth.
- **Heart muscle disease:** A disease of the heart muscle that makes it difficult for the heart to pump blood efficiently.
- **Heart valve disease:** It happens when one or more of your heart valves don't work well, affecting blood flow.

## RECOMMENDATIONS FOR OPTIMAL CARDIOVASCULAR HEALTH:

- Eat more fruits and vegetables, limit the amount of fats, sugars and sodium.
- Get 150 minutes of moderate aerobic activity per week.
- Talk to your doctor about alternatives for smoking cessation. Call the Smoking Cessation Line **Déjalo ya** at **1-877-335-2567** for support.
- Get enough sleep:

AGES	DAILY SLEEP TIME
5 years or less	10 to 16 hours
6 to 12 years	9 to 12 hours
13 to 18 years	8 to 10 hours
adults	7 to 9 hours

- Check your blood glucose and cholesterol levels. Visit your doctor to update your preventive tests.
- Keep your blood pressure below 120/80.
- Practice relaxation exercises to help you manage your stress.



For guidance and assistance, call the  
**PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
 This call is free of charge.

[www.MenonitaVital.com](http://www.MenonitaVital.com)

PLAN DE SALUD  
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### References:

- <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>
- <https://www.cdc.gov/heartdisease/facts.htm>