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Touchette Regional Hospital Raises Awareness about Heart Health

CENTREVILLE, ILL. (Feb. 7, 2018) - February is American Heart Month and Touchette Regional Hospital wants to remind the public about the importance of heart health and heart disease. While it is a very serious disease, it can often be prevented by making healthy life choices and managing your existing health conditions.

Heart disease causes 1 in 4 deaths every year. It is the leading cause of death for men and women in the United States. Despite how common it is, there are ways to avoid this potentially fatal disease.

Start by switching to spices instead of salt. Americans consume more than the daily recommended amount of salt (1500 milligrams) per day. Salt makes your body retain water which will increase your blood pressure - causing strain on your heart. Some salt in your diet is necessary for good health; but there are ways to season your favorite meals without it. Try spices like cumin, cayenne, paprika, black pepper, oregano, sage, or even lemon peel. Ginger, cilantro, and garlic are also great salt replacements.

Maintain a healthy weight; even a small amount of weight loss can boost your heart health. According to the Centers for Disease Control and Prevention, 66 percent of American adults are considered overweight, and 32 percent of them are obese. Changing the way you approach weight loss can help you be more successful in your journey. Try a healthy eating plan by taking smaller portions. Stick to poultry, fish, beans, eggs, and nuts and focus on fruits, vegetables, whole grains, and fat-free dairy products.

Long-term excessive drinking increases your risk of developing heart problems. Moderate alcohol consumption is acceptable and is considered *one drink per day for women and two drinks per day for men*. "Drinking heavily can weaken and damage your heart muscle, meaning that the heart cannot pump blood as efficiently as it should," says Dr. Charles DuMontier, Vice President, Medical Affairs at Touchette Regional Hospital. "Damage to the heart muscle can lead to heart failure which is when your heart can no longer pump blood around your body as it should do normally."

The Cardiopulmonary services offered at Touchette Regional Hospital can help you maintain a heart-healthy life. Qualified medical professionals can provide a number of tests, treatments and procedures to ensure that your heartbeat is stronger than the day before. Make an appointment by calling 618-332-3060!

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About Touchette Regional Hospital

Touchette Regional Hospital has proudly served the communities of the Metro-East for more than 60 years.

TRH offers high-quality Cardiopulmonary, Laboratory, Radiology, Southern Illinois Home Care, Physician Specialty Services, Pharmacy, Transportation, Physical Therapy, Senior Care Services, Community Health Connections, Start Now Cancer Awareness Program, Obstetrical Services, 24-hour Emergency Department, New Vision/Substance Abuse Program, Special Needs Dentistry for children, Behavioral Health (inpatient and outpatient), Medical/Surgical/Telemetry, Intensive Care and Surgical Services (inpatient and outpatient). For more information, visit www.touchette.org.