



Healthy Have a Heart

Healthy living and simple tips may prevent heart disease

The leading cause of death for both men and women in the United States is not smoking, nor car crashes, and it is not cancer.

The leading cause of death in the U.S. is heart disease, and it kills 2,500 people each day.

Heart disease is actually not one disease by itself. It is a collection of different diseases all dealing with the heart. Some of which are coronary artery disease, abnormal heart rhythms, heart failures and congenital heart disease, among others.

There are certain ways to help prevent these diseases. Small things that one could do everyday could help immensely when it comes to heart health.

People who are inactive are twice as likely to suffer heart attacks than active people, and people who eat beans at least four times a week have a 19% lower risk of heart disease than those who eat beans just once a week. In short, eat beans and exercise.

Smoking, as most

anyone knows, is bad for your body, but it can especially hurt a person's heart. It increases heart muscle oxygen demand up to 10%. Which means it makes it harder for the heart to do its job when it has to worry about whether it has enough oxygen for itself. It also speeds up the progression of atherosclerosis, or hardening of the arteries. Smoking does many more harmful things to the heart which can up the risk of heart disease.

Each of these heart diseases has its own set of symptoms, but many of them have the same warning signs. These include chest pains, shortness of breath, faster heartbeat and a discomfort in the chest that could feel like a heaviness or pressure. All symptoms depend on what kind and how severe the disease is.

One should contact a doctor if any of these symptoms persist.



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Page 3

Shakespearean culture arrives at PHS

Page 6

Decoding the opposite sex

Page 8

Meet our student teachers