

## Greetings!

Witnessing the spectacle of sport via the recent Olympic games in Vancouver, Canada reminds us of the extreme thresholds of physical conditioning, training, and practice that we can commit ourselves to, and which can ultimately lead to the highest achievement that a human being is physically capable of reaching. The pinnacle of such achievement is represented by the presentation of a medal forged in gold. The presentation of such an award is beautiful to behold for whomever and from wherever the recipient may hail, but holds even deeper emotional sway when the recipient is from our own origin. The latest winter games saw the USA come away as the grand total medal winner for the first time since 1932. (Do you know where those games were held? We'll give the answer at the end of our greeting message.)

Many of us can relate to and remember the thrill of athletic competition and the conditioning and practice that were required of us to reach some level of achievement in just about any sport. Not all of us were destined to be gold medal winners, but we can relate to the satisfaction of having the courage to enter the race and giving it our best. We dared to challenge our own physical and many times mental limits.

Time may have rendered those days well behind us, but there are many people in our lives who want us to continue to strive for gold, even if the challenges and terms of competition have changed. Whether it be to stop smoking, or to change your diet, or to add an exercise regimen to your daily routine, or to compete in sports activities grouped by people of similar ages or skill levels, or to participate in a fundraiser that requires a commitment to a physical activity that equates to a certain donation level, these are all ways that you can remain active and vital and improve your overall health (especially your heart health), while at the same time achieving gold for your family, loved ones, friends, and community. So strive for gold on your own terms and know that your efforts will be every bit as appreciated as those of an Olympian.

Wishing You Good Health, Vitality,  
*The Cardio Renew Team*

P.S. As always, we value your feedback, so please feel free to send any questions or comments to:  
[newsletter@cardiorenew.com](mailto:newsletter@cardiorenew.com)

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Trivia Answer: Lake Placid, New York in the good ol' US of A!

Feature Health Topic



## Times To Be Extra Vigilant Of Heart Attack Symptoms And Risks

The resident cardiologist for Prevention Magazine, Arthur Agatston, MD, said that the first question he asks patients when they walk in his office is "How's the traffic?"

It's not small talk but a valid medical query. Being stuck in traffic raises blood pressure and triples heart attack risk. So if a patient has had a tough commute and her BP is elevated, he'll recheck it later in the appointment. There are other surprising situations and times when the chance of heart attack rises dramatically. If you or someone you know has a history of heart trouble, here's when to be watchful.

## 1. First thing in the morning

The risk of heart attack increases 40% in the morning, Harvard researchers estimate. As you awaken, your body secretes adrenaline and other stress hormones, increasing blood pressure and a demand for oxygen. Your blood is also thicker and harder to pump because you're partially dehydrated. All this taxes the heart.

**Protect yourself:** Build some time into your schedule so you can hit the snooze button and wake up slowly. If you're a morning exerciser, warm up thoroughly so as not to additionally stress the heart. And if you're on a beta-blocker, take it before bed so the medication is at full strength in the am.

[12 ways to lower your blood pressure naturally](#)

## 2. On Monday mornings especially

Science shows there's good reason to dread the first day of the work week. Twenty percent more heart attacks occur on this day, probably because people are stressed and depressed about returning to work.

**Protect yourself:** Relax on Sunday, but try not to sleep in. Getting up early on Monday after sleeping late Saturday and Sunday can raise blood pressure even more because your body is fatigued and its natural rhythms are out of whack. Try to maintain a regular sleep/wake schedule all week.

[10 tips for better sleep](#)

## 3. After an indulgent meal

A five-course, calories-be-damned dinner can have an immediate impact on your heart health. Studies show that high-fat, high-carb meals constrict blood vessels, making blood more prone to clotting.

**Protect yourself:** If you must indulge, keep your portion sizes reasonable. A daily aspirin will also help prevent blood "stickiness."

## 4. During unusually vigorous exercise

Having a heart attack while shoveling snow is a classic example of this. The heart attack occurs because the victim isn't accustomed to that kind of effort and stress hormones skyrocket, causing blood pressure and heart rate to jump.

**Protect yourself:** Regular exercise protects your heart. But increase your intensity level gradually.

[Cool down from your workout with this free 10-minute stress-busting routine](#)

## 5. At the podium

From the heart's perspective, public speaking can be similar to unaccustomed exercise. Extreme nervousness raises blood pressure, heart rate, and adrenaline levels, all of which can make the presentation itself a secondary worry.

**Protect yourself:** To counter these effects, some of my patients take a beta-blocker before speaking, flying, or doing anything that makes them overly anxious.

Follow these easy health tips specific to every stage of aging:

You're never too young-or too old-to start lowering your heart disease risk. Of course, exercising, eating healthy and reducing [stress](#) are key throughout life, but due to physiological changes that happen as we age, certain risk factors do become more of a threat.

In Your 20s

### **Stub Out a Social Smoking Habit**

Smoking is enemy number one when it comes to heart disease, and even just a few cigarettes can do damage: New research from McGill University in Montreal found that smoking just one cigarette a day stiffens your arteries by a whopping 25 percent. Plus, smoking erases the hormonal advantage you have from estrogen, which can leave you vulnerable to a heart attack before menopause, explains Dr. Bonow.

### **Don't Ignore the Birth Control Factor**

Remember that hormonal contraceptives slightly increase the risk of blood clots, so if you've ever had one, make sure to discuss it with your doctor before going on birth control. And if you're currently a smoker, don't take oral contraceptives, because the combo can be especially dangerous, says Sharonne N. Hayes, MD, director of the Women's Heart Clinic at Mayo Clinic in Rochester, Minnesota.

### **Watch Your Alcohol Intake**

Moderate amounts of alcohol can have a beneficial effect on your heart. (By "moderate," we mean one drink a day or about 5 ounces-but many restaurants serve far more than that.) Overdoing it can raise triglycerides, increase blood pressure and lead to weight gain, thanks to all those empty calories.

In Your 30s

### **Get a Grip on Stress**

When you're juggling career and family, it's crucial to find stress management techniques that work. "Untamed stress has a direct negative impact on heart health," says Dr. Stevens. "The constant bombardment of adrenaline raises blood pressure and destabilizes plaque in your arteries, making it likely to cause a clot or heart attack."

### **Lose the Baby Weight**

No, you don't have to fit into your skinny jeans by the time the baby's 6 months old, but do aim to get back to your pre-pregnancy weight within one to two years. "Carrying around extra pounds can lead to high cholesterol, high blood pressure and other heart disease risk factors," Dr. Bonow says. Also remember that it's easier to lose weight in your 30s than in your 40s, when your metabolism slows down.

### **Stay Social**

It's important to stay connected to friends and family for the sake of your mood and heart. Research at the University of Pittsburgh School of Medicine found that high levels of loneliness increase a woman's risk of heart disease by 76 percent. On the flip side, having strong social support can help lower your blood pressure and improve other cardiovascular functions. Set aside time once or twice a week to call friends, or make a monthly dinner date.

In Your 40s

### **Make Sleep a Priority**

Thanks to peri-menopause, fluctuating hormone levels can interfere with a good night's sleep. But not getting at least seven hours of shut-eye regularly can lead to increased blood pressure, low-grade inflammation and higher levels of the stress hormone cortisol, all of which are harmful for your blood vessels and heart, explains Jennifer H. Mieres, MD, a cardiologist at New York University School of Medicine and coauthor of *Heart Smart for Black Women and Latinas*. Lack of sleep has also been linked to weight gain. So establish good habits: Turn in (and wake up) at the same time every day—even on weekends—and do your best to relax before going to bed, whether it's watching a favorite funny TV show or reading.

### **Reassess Your Risk Factors**

You may discover that your cholesterol, blood pressure and blood sugar levels have changed in this decade, even if you aren't doing anything differently, says Dr. Hayes. In fact, 22 percent of 40-something women have high blood pressure and 50 percent have high cholesterol (a jump from 38 percent of women in their 30s), according to the National Heart, Lung, and Blood Institute. Also, be sure to get your thyroid checked around 45; hypothyroidism (an underactive thyroid gland), which becomes more common as women get older, can negatively affect your cholesterol levels as well as your heart.

### **Step Up Strength Training**

You start to lose muscle mass more rapidly in your 40s, which causes your metabolism to slow down since muscle burns more calories than fat. Unfortunately, this makes it harder to stave off those extra pounds. To help maintain muscle and keep your metabolism going, aim for two 15-minute sessions weekly of lifting weights, using a resistance band or doing other toning exercises.

### **Carve out Personal Time**

"Between the demands of work and family, it becomes even more challenging to find time for yourself in your 40s," says Dr. Mieres. But it's crucial to do so—not only to help ease stress but also to guard against depression, which commonly crops up in this decade and can raise your risk of heart disease. "Find at least 10 minutes of 'me' time every day to do something—even if it's just chatting on the phone with a friend—that helps you destress and regroup," says Dr. Mieres.

## **In Your 50s**

### **Move More**

Around menopause, you tend to gain extra weight around your belly, which can lead to insulin resistance, inflammation and heart strain. Cardiovascular fitness also starts to decline, particularly if you're not that physically active to begin with. "Unfortunately, at this point, women have to burn more calories to stay at the same weight," Dr. Stevens says. Start taking the stairs instead of the elevator whenever you can, walk faster around the mall, or jog to the mailbox to send letters instead of sticking your hand out the car window as you drive by. Small changes really do add up.

### **Have an ECG**

Silent heart abnormalities become more common in your 50s, and an electrocardiogram (ECG) to check your heart's electrical activity can pick them up, says Dr. Goldberg. Also ask your doctor if you should have a stress test; this is especially important if you're just starting to exercise.

### **Add Fiber**

Besides being good for your cholesterol and blood sugar, pumping up your fiber intake (think whole grains like

oatmeal, brown rice and flaxseeds, as well as beans, fruits and veggies) can help prevent constipation, which becomes more of a problem as you get older and your digestive system starts to slow down.

## In Your 60s

### Get Even More Vigilant About Screenings

After you go through menopause and get older, your blood pressure and cholesterol tend to go up, and blood vessels get stiffer. "Have your blood sugar, blood pressure and cholesterol measured yearly," advises Dr. Goldberg.

### Consider Medication/Treatment

If you have hypertension or high cholesterol, the way you've been managing it before may not be enough. "As you get older, you may need more aggressive therapy," Dr. Bonow says. "High blood pressure that was controlled with one medication may now require three to control it." Talk to your doctor about whether you need to add to or adjust your medications to control your risk factors. **Cardio Renew** may be a good choice for controlling/reducing a variety of heart disease risk factors and related conditions.

### Be Alert to Symptoms

Now is when the first noticeable symptoms of heart disease may appear, so it's important to know what's normal for your body and be on the lookout for worrisome signs like chest discomfort, shortness of breath or changes in exercise tolerance-meaning you suddenly feel winded going up a flight of stairs or feel unusually tired for no apparent reason, says Dr. Mieres. If these appear, see your doctor pronto!

### About Cardio Renew



Cardio Renew Inc. is a family owned and operated company located in Minnesota. Cardio Renew was developed to offer you safe, effective and economical oral liquid EDTA chelation programs. Our #1 goal is to provide you quality products at an affordable price, while supplying the great customer service that you need and deserve. Here are a few items that we feel are important to the success of your oral chelation program:

- **Quality Product**-We purchase our products in liquid form and have our formulas blended, bottled, labeled and tamper-evident sealed at a professional manufacturing facility. This ensures you receive consistent, high quality products that provide safe and effective chelation therapies.
- **Customer Service**-Our goal is to answer e-mails, return phone calls and ship orders within 1 business day. Most times within a few hours or less.
- **Best Value**-Because Cardio Renew is a family based business, we keep our overhead and operating costs at a minimum. We do not promote sales, discounts or specials. We offer the best price to everyone, all year.

- **No Multi-Level Marketing**-We know that this not only raises the cost of products, but also takes away from the quality of customer service that you receive. We believe in helping our customers, not just making a sale.
- **Honesty**-We will always be truthful with our customers. We don't believe in scare tactics or deceptive marketing practices. We are an honest company, that takes pride in selling quality products, at an affordable price.

We believe in our products and programs and sincerely care about our customers. We truly feel that Cardio Renew can improve your health and therefore the quality of your life.