



Beat This! 21 Amazing Facts About Your Heart.

Take care of your heart. It's an incredible organ. Here are 21 amazing facts about your heart from Cleveland Clinic — celebrating 21 years as America's Number One Heart Center!™

1 The more education you have, the lower your risk of heart **disease**



2 A normal heart valve is about the size of a **half dollar**



3 The first heart pacemakers plugged into a wall socket



4 **HAPPINESS** and a strong sense of emotional vitality helps lower your risk of heart disease



5 The number of heart attacks **PEAKS** on Christmas Day, followed by December 26th and New Year's



6 The first heart cell starts to beat as early as ... **4 WEEKS**



7 The first "study" showing benefits of a vegetarian diet appears in the Bible's Book of Daniel (600 BCE)



8 The blue whale has the **LARGEST HEART** weighing over **1,500 POUNDS**



9 **modesty** prompted the invention of the stethoscope. Before it existed, doctors had to press their ears directly to each patient's chest



10 Heart disease has been found on **3,000-YEAR-OLD MUMMIES**



11 Your heart is about the size of your **two hands clasped together** ...



12 ... It beats **100,000** times a day



13 **Regular exercise** is the single most important key to heart health. And it is **FREE**



14 Heart disease is your greatest health threat (and is a greater danger than breast cancer in women and prostate cancer in men)



15 The **beating sound** is the clap of valves leaflets opening and closing



16 Each minute your heart pumps **1.5 gallons** of blood



17 Your heart is a coordinated machine. The **RIGHT SIDE** pumps blood into your lungs, while the **LEFT SIDE** pumps it back into your body



18 Celebrities who've had open heart surgery in recent years include **David Letterman, Bill Clinton, Barbara Walters, Arnold Schwarzenegger and Regis Philbin**



19 You control your heart health through diet, exercise and **managing stress**



20 Heart cancer is very rare, because heart cells stop dividing early in life



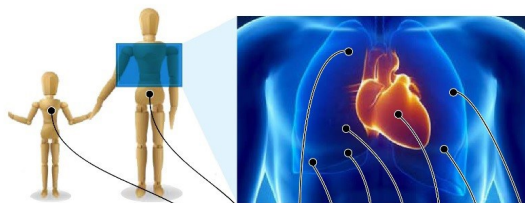
21 A woman's average heart/beat is **FASTER** than a man's by almost **8 beats a minute**



Healthy Heart

A healthier environment for healthier hearts

Air pollution remains a major danger to the health of children and adults.



- Health risks from **OZONE POLLUTION** and **PARTICLE POLLUTION**:
- PREMATURE DEATH
 - May cause developmental harm
 - May cause reproductive harm
 - Asthma attack
 - Lung cancer
 - Wheezing and coughing
 - Shortness of breath
 - Cardiovascular harm
 - Susceptibility to infections
 - Lung tissue redness, swelling



Qagan Tayagungin Tribe

P.O. Box 447
Sand Point, AK 99661

Phone: 907-383-6968
Fax: 907-388-5814

E-mail: QTTEnvironmentalAssistant@arctic.net



Cleaner Air Means Healthier Hearts

Qagan Tayagungin Tribe

Environmental Department

Tel: 907-383-6968

Healthy Heart

Air pollution can affect heart health, and even trigger heart attacks and strokes. A study from the EPA scientist have found a small amounts of exposure of fine particle pollution could increase a person's odds of a heart attack by up to 14 percent. It is important to know how the air pollution can cause life threatening consequences. In 2008, a study has found a reason why the heart seems to react so badly to air pollution. Particulate matter can interfere with the heart's electrical system. The heart muscle pumps blood by contracting, squeezing the blood within its arteries to force it into the rest of the body. The heart's electrical impulse is generated by the SA node attached to the right of atrium. When air is infused with harmful chemicals like sulfur dioxide, carbon monoxide, and hydrocarbons, along with tiny particles of matter, our lungs are going to suffer and restrain the heart.

Heart disease it the number one killer of women. This means more women die of heart disease than any other diseases. One out of three women is most likely to die of heart disease. Air pollution can harm the heart by breathing fine particles which triggers our central nervous system and increase blood pressure. Also another reaction would be inflammation from irritating chemicals such as ozone, and tiny particles in our lungs. The inflammation can increase the thickness of arteries over time and cause the blood vessels to narrow, which can cause high risks of heart attacks, strokes, and other health problems.

For more info: <https://blog.epa.gov/blog/2016/02/cleaner-air-means-healthier-hearts/>

Facts

- Breathing dirty air increases the risk of death from cardiovascular problems.
- Increased temperatures from climate change will harm hearts in another way; too high heat contributes directly to cardiovascular deaths, especially in the elderly.
- Longer-term exposure to fine particles can shave months to years off of life expectancy.
- About 300,000 women die each year from heart disease.
- Each minute, one woman dies from heart disease.
- Dirty air harms our hearts by raising blood pressure and triggering inflammation.
- Two forms of air pollution have been linked with heart problems: fine particle pollution and smog.
- Both particle pollution and unhealthy ozone levels are predicted to increase with climate change. Climate change may increase the risk of death from cardiovascular problems.
- To help protect your heart avoid exposure to high levels of air pollution. Learn about the air quality in your community.

More info: http://11735-presscdn-0-72.pagely.netdna-cdn.com/wp-content/uploads/moms_clean_air_force_heart_health_facts.pdf

Info on Fine Particle Pollution & Ozone Pollution

Fine particle pollution comes from vehicle emissions, power plants, and fires. They are small individual liquid droplets and solids which are invisible to the eye. Although they can form blankets of haze. It can lodge deep into the lungs and even pass into the bloodstream.

Ground level ozone/smog, has been linked to cardiovascular harm. It is in the air, but is formed through reaction, triggered by sunlight of certain chemicals with oxygen in the atmosphere. Ozone is a reactive and irritating chemical. Once inhaled, it can irritate and inflame the airways, which can carry air from the mouth and nose to the lungs. One of the symptoms at low levels creates a sensation which feels like sunburn in your lungs.

Tips on what can you do to help keep your heart healthy.

1. You can start by making sure to eat nutritious means and exercise daily.
2. Stop smoking, stubbing out this habit can make a huge difference in your overall health.
3. Eat chocolate, dark rich chocolate contains flavonoids which can help starve off heart disease.
4. Walk it off, a five minute walk will do wonders for clearing your head and lower your stress levels.
5. Find your happy place. A sunny outlook is good for your heart, it tends to lower levels of potentially harmful hormone cortisol and other stress-inducing chemicals.

For more info: <http://www.healthline.com/health-slideshow/healthy-heart-tips#27>