



## Broward County Government Newsletter

February 2019  
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### Community Care Plan, “the health plan with a heart”

#### February is American Heart Month

##### What is CHF?

Congestive Heart Failure (CHF) occurs when the heart can't pump enough blood to fill the heart, to pump to the rest of the body, or both. CHF is common. About 5.7 million people in the United States have CHF. CHF does not mean your heart stopped or is about to stop.

##### Causes

Overworking or damaging the heart can lead to CHF. Some of these conditions include:

- Diabetes: high blood sugar levels can weaken or damage the heart and the blood vessels around it.
- Coronary Heart Disease: waxy build up inside the coronary arteries narrow the arteries and lessen the blood flow to your heart. The buildup can also lead to blood clots.
- High blood pressure: the blood pushing against the walls of the arteries can lead to plaque buildup and weaken the heart.

<https://www.nhlbi.nih.gov/health-topics/heart-failure>

##### What is my Risk?



You are more at risk for CHF if you are:

- 65 years or older
- African American
- Overweight
- Had a Previous heart attack

##### What can I do to Help my Heart?

Per the American Heart Association, making small lifestyle changes can help people with mild to moderate heart failure live nearly regular lives. These some of these lifestyle changes include:

- Quitting Smoking
- Lose or Maintain Weight
- Tracking Fluid Intake Daily
- Limit or Avoid Alcohol and Caffeine
- A Heart Healthy Diet
- Physical Activity
- Stress Management
- Tracking your symptoms
- Blood Pressure monitoring



<https://www.heart.org/en/health-topics/heart-failure/treatment-options-for-heart-failure/lifestyle-changes-for-heart-failure>

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*