

ASK THE EXPERT:

PREVENTIVE MEASURES FOR A STRONGER HEART

Howard Bush, MD, Cardiologist, Cleveland Clinic Florida

Heart disease is the number one killer in the U.S., responsible for 1 out of every 2.5 deaths. In many cases, it can be prevented by making lifestyle changes. The following Q & A with Howard Bush, MD, interventional cardiologist at Cleveland Clinic Florida, offers recommendations that can greatly improve your cardiac health.

Q: What exercise best improves my heart's health?

A: Aerobic exercise, including brisk walking, jogging, biking, swimming or using a treadmill or Stairmaster is best. Ask a physician's device before beginning an exercise such as weight lifting.

Q: Is a high heart rate dangerous during exercise?

A: Generally speaking, a fast heart rate is not dangerous unless you already have heart disease. But watch for signs of trouble including chest discomfort or shortness of breath. If you have a history of heart problems consult a physician before starting an exercise program.

Q: Can nutrition and exercise help me avoid heart disease?

A: Proper nutrition and low cholesterol levels, along with regular exercise, are central to a healthy heart. Limit fatty or high cholesterol foods and try to get 45 minutes to an hour of aerobic exercise every day. Such simple steps can often help prevent heart disease or halt its progression.

Q: If heart disease runs in my family, what screening should I have?

A: Blood pressure measurement and a fasting lipid profile are simple and helpful. Blood sugar screenings for diabetes are also useful and especially important for overweight individuals.



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and therapeutic options delivered by physicians who are committed to excellent patient care, and achieving quality outcomes. Patients can have confidence knowing that their heart is in experienced and capable hands.

Q: Why should I choose Cleveland Clinic for my heart care?

A: Cleveland Clinic's unique model of medicine really distinguishes the care that we provide. All of our medical staff work as a team for the best possible care of our patients. We are a multi-specialty group of salaried physicians who are on the cutting edge of research, diagnosis, and treatment. What we offer patients is a collegial approach where doctors work together and where patients benefit from the wisdom of that collaborative effort. What sets our cardiac program apart is its use of the latest diagnostic

With locations in both Weston and West Palm Beach, Cleveland Clinic Florida makes care accessible for patients all over South Florida and beyond. Same-day appointments available. For a consultation call 800-639-DOCTOR, or visit www.clevelandclinicflorida.org for more information.



- Cleveland Clinic Florida is an integral part of Cleveland Clinic Ohio, which has been **ranked #1 in heart care** by *U.S. News & World Report* for 17 consecutive years, providing unequivocal patient care, expertise and outcomes to successfully treat heart conditions
- Cleveland Clinic Florida was also designated **one of the nation's 50 Top Hospitals for cardiovascular care** in 2010 and one of the nation's 100 Top Hospitals® in cardiovascular care (2009, 2008, 2007) by Thomson Reuters
- Cleveland Clinic Florida was **named one of the nation's 100 Top Hospitals®** by Thomson Reuters in 2011, 2010 and 2009.