

Heart and Lung Health



Message From Megan

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It can be easy to forget just how hard our heart and lungs work for us, day-in and day-out. They operate on their own without us having to tell them to pump blood or take a breath; it's automatic.

We might not even think about what we can do to take care of them until signs and symptoms of disease have started to creep in.

While signs and symptoms can vary greatly, they may include chest pain, shortness of breath, fatigue, dizziness, or lightheadedness, swelling especially in the legs, ankles, and feet, and irregular heartbeat that is rapid or feels like pounding or fluttering.

Heart disease is one of the biggest “silent killers” because some people don’t experience any symptoms until it’s too late. There are some risk factors that we cannot control, but lifestyle plays a major role in maintaining heart and lung health. With healthy habits, heart and lung-related diseases are some of the most preventable diseases out there.

Through proper diet, exercise, stress management, responsible alcohol use, and not smoking, it’s unlikely that something will develop without some outside trigger.

I know this may seem like a long list of areas that need attention, but small changes add up over time, and it’s never too late to start making lifestyle adjustments to improve heart and lung health.



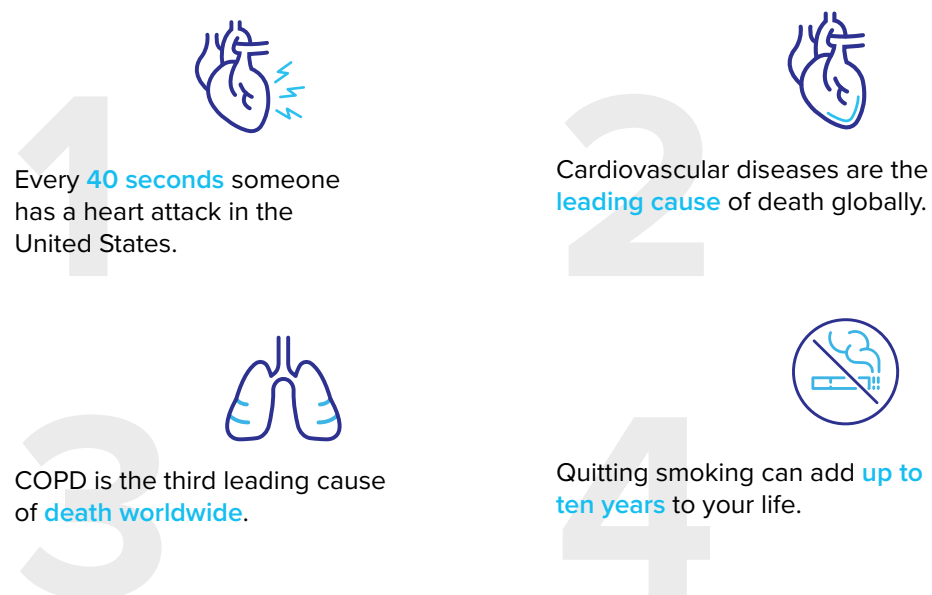
What does your heart do?

Your heart works tirelessly around the clock to keep oxygenated, nutrient-filled blood circulating through your body, carrying away waste products. The heart, along with blood and blood vessels, make up your circulatory system.

What do your lungs do?

Your lungs take in over 25,000 breaths a day. The lungs are part of your respiratory system—making it possible for you to take in the oxygen you and your cells need and expel carbon-dioxide waste.

Stating the facts



Breathe in...

Practicing breathing may come across as a redundant phrase—why should you practice something that happens naturally?

- People who have a large lung capacity can send oxygen around their body faster.
- Regular breathing exercises can rid the lungs of stale air and increase oxygen levels.
- Supporting your diaphragm and its function ensures that you aren't putting unnecessary stress on other muscles.
- Deep breathing and focusing on your breath help you relax when suffering from stress, anxiety, and even when trying to fall asleep.

and breathe out.

Watch our gif to practice a breathing technique whenever you need it!

For more examples of breathing exercises, check out [this](#) from the American Lung Association.

Heart and Lung healthy foods

Check out these tasty recipes!

Click the image above to find heart-healthy recipes for breakfast, lunch, and dinner.

Click the image above to discover the many foods that can support your lung health.

Did we keep our promise?

We want to ensure that we fulfill our Patient Promise to you every single day. If you have a story of how your care team has fought for your greatest good, we would love to hear it!

Please send your story to promise@proactive.md.